

SODC Track & Field Skills

Athletes in this program are learning basic track & field skills. Athletes new to track & field will typically start at the skills level. Many of the athletes in skills require more attention than the team based track & field programs.

Intro: Track & Field skills for **lower ability athletes** consists of the 10m dash, 25m dash, 50m dash, and Tennis Ball Throw. These athletes will participate in activities 1-4.

Track & Field skills for **medium and high ability athletes** consists of the 100m dash, 200m dash, 400m dash, and Standing Long Jump. These athletes will participate in activities 5-8.

ACTIVITY 1: 10-METER DASH

10-meter dash (Lower Ability Athletes)

Equipment: Measuring tape; chalk; stopwatch

Set up: Measure 10 meters (or 33 feet) on a flat surface area. Mark the distance with the chalk to identify the Start and Finish points.

Description: Record the time it takes you to run, walk, or roll your wheelchair 10 meters.

Scoring: SODC athlete's score will be determined by the recorded time it takes to complete the **10m dash** event.

ACTIVITY 2: 25-METER DASH

25-meter dash (Lower Ability Athletes)

Equipment: Measuring tape; chalk; stopwatch

Set up: Measure 25 meters (or 82 feet) on a flat surface area. Mark the distance with the chalk to identify the Start and Finish points.

Description: Record the time it takes you to run, walk, or roll your wheelchair 25 meters.

Scoring: SODC athlete's score will be determined by the recorded time it takes to complete the **25m dash** event.

ACTIVITY 3: TENNIS BALL THROW

Tennis ball throw (50 feet max) (Lower Ability Athletes)

Equipment: Tennis ball, measuring tape, place marker

Set up: Athlete will stand on a marked spot on the ground in an open field or playing area (preferably a grassy area). Athlete will throw tennis ball from marked spot.



Description: Athlete will throw tennis ball from marked spot on field. Once ball has stopped, athlete (or coach) will measure the distance from the marked spot to where the ball stopped on the ground. Measuring can be done by either using measuring tape or counting steps from throwing point to ball. Measure the distance (in feet and inches) from the starting point to where the ball first landed.

Note: If athlete can throw farther than 50 feet (15 meters), do not try this activity.

If you need a video example of how to correctly do the Tennis ball throw event, please view the following link: https://www.youtube.com/watch?v=uXPS_NHVIhA

Scoring: SODC athlete's score will be determined by how far in distance (meters) the athlete throws the tennis ball.

ACTIVITY 4: 50-METER DASH

50-meter dash (Lower Ability Athletes)

Equipment: Measuring tape; chalk; stopwatch

Set up: Measure 50 meters (or 164 feet) on a flat surface area. Mark the distance with the chalk to identify the Start and Finish points.

Description: Record the time it takes you to run, walk, or roll your wheelchair 50 meters.

Scoring: SODC athlete's score will be determined by the recorded time it takes to complete the **50m dash** event.

ACTIVITY 5: 100-METER DASH

100-meter dash (Medium to High Ability Athletes)

Equipment: Measuring tape; chalk; stopwatch

Set up: Measure 100 meters (or 328 feet) on a flat surface area. Mark the distance with the chalk to identify the Start and Finish points.

Note: Track surface is highly suggested.

Description: Record the time it takes you to run, walk, or roll your wheelchair 100 meters.

Scoring: SODC athlete's score will be determined by the recorded time it takes to complete the **100m dash** event.

ACTIVITY 6: 200-METER DASH

200-meter dash (Medium to High Ability Athletes)

Equipment needed: Measuring tape; chalk; stopwatch.

Set up: The 200-meter dash can be set up in a yard, on a sidewalk, or any open space. Measure 100- meters (or 328 feet) and mark end as a turnaround point; when athlete run/walk/roll down and back it will be a total of 200 meters.

Note: Track surface is highly suggested.

Description: Athlete will start at Starting point and run, walk, or roll wheelchair to turnaround mark. The athlete will then come back to the Starting point to complete the 200-meter dash. On a full track, athlete will run, walk, or roll wheelchair halfway around the track to complete 200-meters.

Scoring: SODC athlete's score will be determined by the recorded time it takes to complete the **200m dash** event.

ACTIVITY 7: 400-METER DASH

400-meter dash (Medium to High Ability Athletes)

Equipment needed: Measuring tape; chalk; stopwatch.

Set up: The 400-meter dash can be set up in a yard, on a sidewalk, or any open space. Measure 100-meters (or 328 feet) and mark end as a turnaround point; when athlete run/walk/roll down and back it will be a total of 200-meters. The athlete will have to complete the route twice to make it an even 400-meters.

Note: Track surface is highly suggested.

Description: Athlete will start at Starting point and run, walk, or roll wheelchair to turnaround mark. The athlete will then come back to the Starting point and then turn around to do the same route again to make it 400-meters. On a full track, athlete will run, walk, or roll wheelchair for 1 full lap around the track to complete 400-meters.

Scoring: SODC athlete's score will be determined by the recorded time it takes to complete the **400m dash** event.

ACTIVITY 8: STANDING LONG JUMP

Standing long jump (Medium, Higher Ability Athletes)

Equipment needed: Measuring tape

Set up: On a flat open surface, mark standing area with a place marker. Make sure jumping area is clear of any debris or objects that will cause the athlete to stumble.



Description: Athlete will keep both feet on the ground and jump as far as he or she can. Once landed, athlete will stay in place until measuring of distance is complete.

If you need a video example of how to correctly do the Standing long jump event, please view the following link starting at the 18 minutes and 45 seconds time mark:

<https://www.youtube.com/watch?v=7xy7AxLpKdY>

Scoring: SODC athlete's score will be determined by the distance (meters) of the starting point of the jump to where your closest heel landed.

What to record and submit: Measure the distance (meters) from the starting point to where your closest heel landed. Conversion (1 step = 1 meter) For example: 1 step = 1 meter, 2 steps = 2 meters, 3 steps= 3 meters, 4 steps = 4 meters, 5 steps = 5 meters, etc.

Equipment needed:

- **1 Measuring tape**
- **1 Tennis ball (If participating in Tennis ball throw event)**
- **1 stopwatch for person recording SODC athletes event time**

Safety Precautions:

Regular physical activity is vital for good physical, social and emotional health. While there is a risk of injury with any type of physical activity, the benefits of staying active far outweigh the risks.

You can reduce your risk of exercise injury by:

- wearing the right shoes
- using the correct equipment
- drinking water and staying hydrated
- warming up and stretching properly
- being aware of your surroundings – always exercise and compete in a safe and level area clear of any obstacles or items
- maintaining social distancing rules (stay at least six feet away from others)

Stop exercising and seek medical help if you experience symptoms such as:

- discomfort or pain
- chest pain or other pain that could indicate a heart attack, including pain in the neck and jaw, pain travelling down the arm or pain between the shoulder blades
- shortness of breath
- a rapid or irregular heartbeat