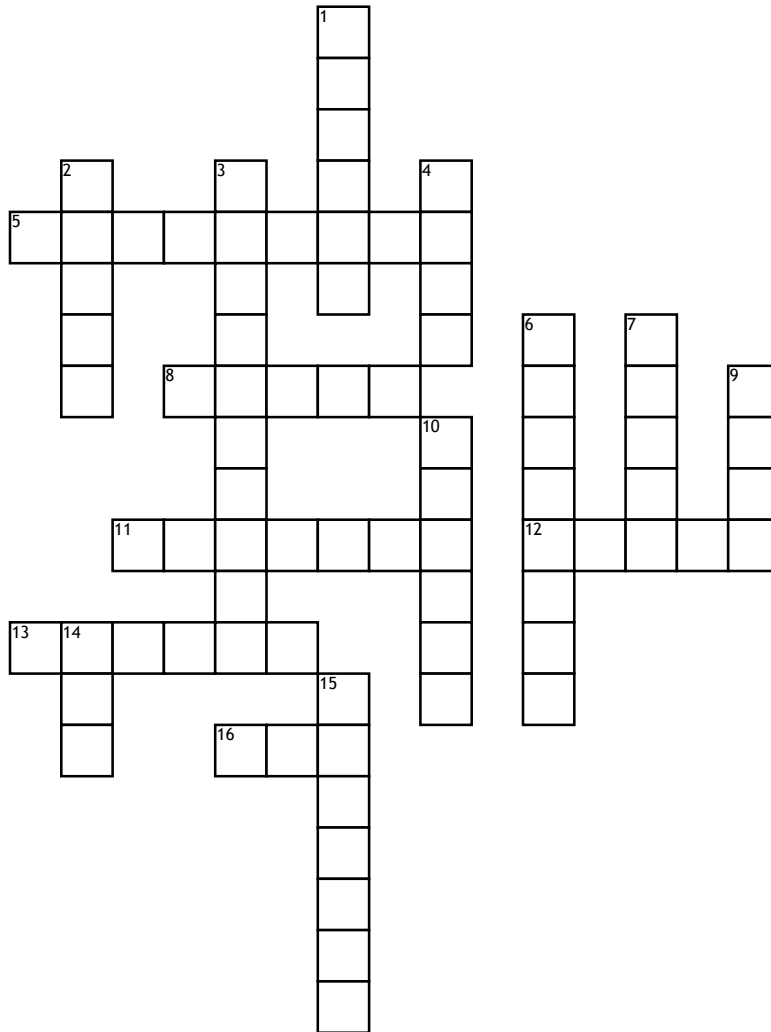


Track and Field Crossword Puzzle



Across

- 5. This is another term for a staggered start.
- 8. That put involves "putting" a heavy ____ ball.
- 11. The discus looks like a small heavy _____.
- 12. When jumping hurdles, the cues words are kick and _____.
- 13. The first modern day Olympics were held in this city.
- 16. The 3 phases of the triple jump are ____, step, jump.

Down

- 1. When performing the long jump, you must sprint the _____.
- 2. The pole _____ is when an athlete jumps over an obstacle with the aid of the pole.
- 3. The hammer throw is a sport of strength, balance and _____.
- 4. The Fosbury _____ is the style of jump when the athlete crosses the bar with the head/back first.
- 6. This is the most celebrated track & field competition is the _____.

- 7. In a relay, the runners pass a _____ to the next runner.
- 9. The ____ jump event where the athlete attempts to jump over a bar and lands onto a large soft mat.
- 10. The sport of track and field has it's roots in ancient _____.
- 14. The mid distance, 800 meter, is equivalent to ____ laps around the track.
- 15. These are short running events like the 100, 200 and 400,

Word Bank

- | | | | | | |
|----------|--------|--------|---------|---------|------------|
| Olympics | Greece | high | Sprints | frisbee | waterfall |
| flop | two | Athens | punch | runway | projection |
| vault | metal | hop | baton | | |