

CEDARVILLE UNIVERSITY TRACK & FIELD
STARTING BLOCK PROCEDURES BY JEFF BOLENDER

LOADING BLOCKS

SETTING YOUR BLOCKS

With the front foot in front block, front knee should touch starting line.

OR

Back block is 3 shoe lengths from starting line; front block is 2 lengths from starting line.

OR

Place hands just behind the start line slightly more than shoulder width apart, knees on the track, your body should form a “table”, pull the front knee up so that it glances the arm (place block snug against foot) The back block should be placed (touching the back foot)

When starting on a curve blocks should be set at a slight angle into the curve.

STANDING BEHIND BLOCKS

Keep sweats on until starter commands. (stay loose/warm)

“TO YOUR MARKS”

A couple of tuck jumps are recommended to ready muscles for full sprint.

Lengthen legs backward several times B/F loading block.

Press firmly against blocks.

Back into blocks with feet in desired position against blocks. (Either leg can be loaded first.)

Or come from behind to load blocks from behind

Shoulders (about) over hands with slight forward lean.

“SET”

Shoulders over hand, don't lean shoulders forward, can tip forward

Slowly raise hips so slightly elevated. (Hips slightly higher than shoulders.)

Front knee about 90 degrees, back knee about 110-130 degrees.

Hands slightly wider than shoulders (“hand tunnel”)

“BANG”

Press hard with both legs (opposite side arm goes forward)

Drive back leg up and forward with a medium stride and opposite elbow forward.

Opposite arm drives back.

Sprinters can either “jump” out of blocks **OR** “step quickly/short” to get into sprinting form faster.

Keep low shin angle, feet stay close to the ground so they can apply force

Head can stay down for the first part of the race but should stay in alignment with spine.

Starting blocks – 6-11-15