

Course Name: Bachelor of Physical Education
Year - IInd (Part-3)
Paper Name - Skill and Prowess
Topic Name - Skill and Prowess
Topic No. – Part – III (B) I
Paper No. - B
Lecture No. – 15

Lecture Title

Hurdle Races I

FAQ,s

Question1. When was the first women hurdle races were run?

Answer The first women's hurdle races were run in 1926 over a distance of 80 meters. The event attained Olympic status in 1932. In 1969, the distance was extended to 100 meters, which became the standard at the Olympics beginning in 1972.

Question2. Hurdle is made up of which element?

Answer A hurdle is made of metal and wood, and consists of two bases and two uprights supporting a rectangular frame reinforced by one or more crossbars.

Question3. What is the maximum width of hurdle?

Answer The maximum width of an approved hurdle should be 1.2 m (4ft) and the maximum length of the base should be 70 cm ($27^{1/2}$ inch). The top bar should be 70 cm ($2^{3/4}$ in) in width and between 1 cm ($^{1/2}$ in) and 2.5 cm (1 in) thick, and should be striped in distinctive contrasting colors.

Question4. What is the Action of the Leading Leg?

Answer The complete action consists of a quick forward and upward thrust of leading leg in the direction of the hurdle edge and the active downward pressing of the thigh immediately after clearance for the landing.

Question5. What is the Finishing Sprint to the Tape?

Answer The 110 meters hurdle race will always end a finishing sprint covering 14.02 meters. On this section of the distance, the hurdler increases his speed by sprinting towards the tape with vigorous strides, increasing the stride length in line with speed.

Question6.What is the technique of the hurdle?

Answer Every hurdle race is based on certain conditions laid down in the rules of the various track and field associations and to which a hurdler must adhere. . The 100 meters hurdles for women, the 110 meters and the 400 meters hurdles for men and women are Olympic events.