



## FAQs

- 1) At the start of the 100mtrs. race the starter give command “on your mark” after that what is the next (second) command ?**

Ans: Set

- 2) In which race aerobic and anaerobic energy are both equally used ?**

Ans: 800 mtrs.

- 3) There are five long and middle distance races that is 800m, 1500m, 10000m and marathon. What is the other race ?**

Ans: 5000m.

- 4) What is the term used for the first 7-8 (seven to eight) stride of 100m race ?**

Ans: Pick up

- 5) There are two events where the athletes run in individual lanes only in one curve of the 400m track. One is 200m race what is the other one ?**

Ans: 800m.

- 6) At what interval water points are kept for Marathon race ?**

Ans: 5 Km.

- 7) Inexperience Marathon runners sometime shoot off too fast in the first kilometer and what he will do when he gets tired ?**

Ans: Stop and walk.

- 8) In which category is 400m race, either in Sprint or Middle distance ?**

Ans: Sprint

- 9) In a 400m track, how many round will be covered by a 5000 m runners ?**

Ans: 12.5 rounds ( twelve and half)

- 10) The starting of 200m race should be done from the starting block from which distance of running events starting blocks are not used ?**

Ans: 800m