



*Photo by U. S. Army Signal Corps*

## MILITARY TRACK

Such activities as running, jumping, vaulting, climbing, and crawling should be practiced in school and after school as a means of developing strength, stamina, and self-confidence.

The military track program offers an enjoyable medium for incorporating all these activities. The program should include events of practical military usefulness. For example, soldiers are seldom called upon to throw a 12-pound object. But they do throw 20-ounce grenades. So for military track, a throw with a 20-ounce object will be more practical than the 12-pound shotput.

A good six-event program may consist of these events:

1. 100-Yard Dash.
2. 440-Yard Run.
3. Broad Jump.
4. High Jump.

5. 20-Ounce Hand Grenade Throw.

6. Obstacle Race.

The technique of the regular track events (Nos. 1-4) are described on pages 8 through 11. The grenade throw is analyzed here.

The obstacle race is a wonderful conditioner and provides plenty of fun at the same time. If your school has a 440-yard track, the course may be laid out around the entire lap. In the diagram, the turns have not been utilized for obstacles. But there is no reason why several of the obstacles may not be set up on them.

Schools with limited space may set up an obstacle course on any 100-yard flat surface. Suggested obstacles and relative distancing, as shown in the diagram following on page 17.