



# **SportSpectator Track and Field Guide, with Cross Country (Basic Track and Field Rules and Strategies)**

*Bryan Jones*

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This high-quality, laminated guide folds to a 8.5 x 4 inch brochure to fit easily into a pocket or purse, and expands to 8.5 x 20 inches to reveal a wealth of information. The content includes the history of the sport, field diagrams, player roles, and basic rules and strategies—the essentials to understand and enjoy track and field, as well as cross-country. The track and field guide includes information on each event including running events (sprints, relays, and distance running), hurdling events, throwing events (discuss, shot-put, and javelin), jumping events (long jump, triple jump, high jump, and pole vault, and special events.

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