

# 100 METRES



**Katie Nicholls**

# Background/History

- ▣ The 100m dash is the short outdoor sprint competition that is generally performed on the “home straight” section of a standard running track. Olympic winners of the 100m dash are given the unofficial title of the fastest man or woman in the world
- ▣ The origins of the 100m dash can be traced to the “Stadion,” a sprinting competition practiced in Ancient Greece. One of the most competitive sports in the Ancient Olympics, the Stadion was a short-burst sprint that involved running 95 meters to a designated post and then running back to the starting position. Although initial versions of this sprint had runners taking their mark behind a stone groove carved in the ground, the Ancient Greeks eventually invented the husplex, or starting gate.

# Rules of play

- ▣ Every 100-meter sprinter must begin the race with his feet in the starting blocks. The official race starter will call the sprinters to their blocks and on command the runners will adopt a set position. The set position requires the runners to have both feet in the blocks and adopt a position with the body weight on their hands. On the starter's gun all runners begin the race.
- ▣ The width of a lane is specified by the IAAF rules or the governing body of a 100-meter sprint event. Any 100-meter sprinter who leaves her lane or obstructs the path of another sprinter will be automatically disqualified from the race. Stepping on the white lines is ruled as having left your lane during the race. In these circumstances, the race referee can order the race to be run over again if it is deemed necessary.
- ▣ The IAAF rules state that the time of a runner is recorded when the trunk of the body crosses the finish line. In youth and amateur 100-meter sprint races the winner is decided by a race referee at the finish line. In international competition IAAF rules require technology to be installed to record finish times. Times are recorded and reported to 0.01 seconds.



# Records

- ▣ The current men's world record is 9.58 seconds, set by Jamaica's Usain Bolt, while the women's world record of 10.49 seconds set by American Florence Griffith-Joyner in 1988 remains unbroken.

