

CROUCH START

When doing a crouch start: -

"On your marks"

- Place your front foot a forearm's length behind the start line
- Place the knee of your back leg on the ground level with your front foot
- Place your hands shoulder-width apart - behind, not on the line.

"Set"

- Raise your hips slightly higher than your shoulders
- Make sure that both your legs remain bent (front leg at about 90 degrees; back leg at about 120 degrees)

"Go"

- Drive your back leg forward
- Swing your arms hard

