Comparison Between Body Measurements & Event For Track and Field

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Introduction:
Track and field is a sport that requires athletes of varying body types. The sport can be broken up into four event groups: sprints, distance, mid distance, and throwers. The purpose of this study was to see if there were any differences between the athlete groups and their body measurements.

Methods:
Twenty-one male Division III track and field athletes (weight 163.6±32.4lbs, height 70.0±3.4in.) participated in this study. Four skinfold measurements were collected using Lange skinfold calipers. The skinfold sites were the triceps, medial thigh, medial calf, and abdominal. Height and weight were self reported. BMI was calculated using the equation weight times 703 divided by height squared. Statistical analysis was performed using a 4x4 (group x measure) analysis of variance test was used to determine if there were difference in measurement between groups. Significance was set at 0.05.

Results/Discussion:
The results suggest that there was significant difference in some areas between event groups. There was no significant differences for height, there was significant difference for weight between long distance and throws had significant difference with all other groups. For skinfold there was significant difference with throws and every group as well as distance and every group. There was only significant difference between throws and distance for BMI. This can be used to see if an athlete may be a good fit for a certain event before they start the actual event based off their body measurements. It can also help coaches recruit and help coaches ensure that their teams are in line with how they should be.