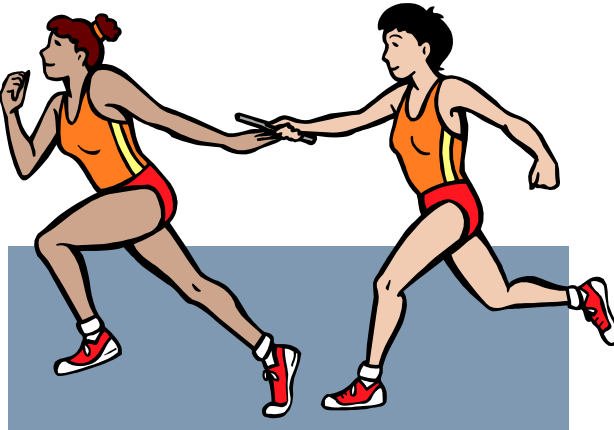


TRACK AND FIELD



History

- The marathon can be traced to the Ancient Olympic Games in Greece in 776 B.C.
- Babe Didrikson, believed to be the greatest female athlete of her era, overwhelmed her opponents in three Olympic Track and Field events in 1932.
- Jesse Owens won four Olympic gold medals in Track and Field in 1936.
- Abebe Bikila, an Ethiopian, won the marathon running barefoot in the 1960 Rome Olympics, and again in 1964 in Tokyo, this time running in shoes.
- Wilma Rudolph overcame childhood diseases to win three Olympic gold medals in 1960.
- Wyomia Tyus was named the fastest woman in the world in 1964 and again in Mexico in 1968.
- Ten world records were set in 1968 and 26 out of a possible 30 Olympic records were shattered.
- Dick Fosbury, creator of the "Fosbury flop," revolutionized the high jump event.
- Bob Beamon redefined the long jump when he shattered the previous record with a remarkable leap of 29 feet 2 1/2 inches.
- Carl Lewis mirrored the accomplishment of his idol, Jesse Owens, by winning four gold medals in the 1984 Olympic Games in Los Angeles.

TRACK AND FIELD

Track and Field Equipment

- Besides running shoes used by (nearly) all competitors, equipment needs for Track and Field events come almost exclusively from the Field category.

Discuss Throw

- The men's discus weighs 2 kilograms (4 pounds 6½ ounces).
- The women's discus weighs 1 kilogram (2 pounds 3¼ounces).

Hammer Throw

- The men's discus weighs 2 kilograms (4 pounds 6½ ounces).
- The women's discus weighs 1 kilogram (2 pounds 3¼ounces).

High Jump

- The men's discus weighs 2 kilograms (4 pounds 6½ ounces).
- The women's discus weighs 1 kilogram (2 pounds 3¼ounces).

Javelin

- The men's javelin must weigh a minimum of 800 grams (1 pound 12¼ ounces) and measure between 2.6 meters and 2.7 meters.
- The women's javelin must weigh a minimum of 600 grams (26.16 ounces) and measure between 2.2 meters and 2.3 meters.
- The shaft of the javelin may be either wood or metal.

Pole Vault

- The pole may be of any length and made of any material or combination of materials.
- The runway must be at least 40 meters long, preferably at least 45 meters.
- The crossbar is 4.5 meters long.

Shot Put

- A shot is a ball made of iron or brass.
- Men use a 16-pound shot.
- Women use a shot that weighs 8 pounds 14¾ ounces.

TRACK AND FIELD

Basic Rules

- Track and Field requires far-ranging and incredibly diverse physical skills. All races are started by the firing of a gun by an official at the starting line.
- For races up to and including one lap of an outdoor track, the runners must stay for the entire distance within lanes marked on the track.
- There may be six to eight lanes, with each lane usually measuring 1.2 meter (4 feet) in width.
- The winner in each race is the runner whose *torso* first passes the finish line.
- Races are timed either by mechanical watches or by more sophisticated, electronic photo-timers that can measure finishes to the hundredth of a second.
- Qualifying rounds, or heats, are sometimes held to narrow down the contestants to the fastest runners.
- Athletes in the field events may also have qualifying rounds.
- In the horizontal jumps and throws, athletes are allowed three preliminary attempts if the field numbers more than eight participants. The best performers are then given three more attempts.
- In the vertical jumps, the high jump, and the pole vault, the participants are permitted to continue until they have three successive failures. If two or more contestants tie, the competitor with the fewest failures at the last height cleared is the winner. If still tied, the total number of failures is the deciding factor.
- Scoring systems may differ according to the meet.

TRACK AND FIELD

Terminology & Events

1. **Sprints**-sprinting is a short distance running in which the runner tries to maintain full speed for the whole race. The 100 meter and 200 meter are the two main sprint races.
Sprints:
 - 100 meter
 - 200 meter
 - 400meter
2. **Relays**-a relay race is made up of four sprints of equal distance put together.
3. **Leg**-each equal distance that is run by one or four teammates, the last of whom is called the anchor.
4. **Medley Relays**-are races where the legs are of different distances.
4 X100 Meter & 4 X 400 Meter Relay -when each of the four runners run a 100 meter dash or 400 meter dash.
5. **Baton**-carried by a relay runner that he or she needs to pass smoothly and quickly to the next runner in the relay. It is usually a foot long weightless.
6. **Relays-**
 - 4 X 100-meter relay
 - 4 X 200-meter relay
 - 4 X 400-meter relay
7. **Hurdling**-is sprinting while having to clear hurdles of up to 42 inches.
8. **High Hurdles**-are 42 inches high, intermediate hurdles of up to 36 inches high, and low hurdles are 30 inches high.
9. **Hurdles:**
 - 100 meter (men & women)
 - 300 meter (men & women)
10. **Middle-Distance Running**-are races that includes all races over 400 meters through the mile.
11. **800 Meter Run/Mile Run**-the two most popular middle-distance races.
12. **Middle Distance Running**-800 meter.
13. **Long Distance Running Events**-races longer than 3,200 meters.
14. **Cross Country Races**-are races where runners run over rough terrain while other distance races are held on flat tracks of varying composition.
15. **Cross Country Records**-no world records are kept for cross-country racing due to the varying conditions and sites.
16. **Cross Country Races**-seldom exceed 14.5 kilometers (9 miles).
17. **Marathon**-a run on a paved road, is run over a course of 42 kilometers 194 meters (26 miles 385 yards).
18. **Steeplechase**-is an obstacle race, usually run over a 3,000-meter course containing hurdles, water jumps, and other hazards.
19. **Long Distances:**
 - 3,200 meter
 - 1,600 meter
20. **High Jump**-the goal in high jumping is to leap over and clear a crossbar that rests at increasing heights between two upright standards about 4 meters (13 feet) apart.
21. **Fosbury Flop**-a style of high jumping named after its originator, American jumper Dick Fosbury, who used the style to win the high jump in the 1968 Olympics.

TRACK AND FIELD

Terminology & Events Continued:

22. **Jumpers may not:**
 - Take off from both feet
 - Dislodge the bar from its peg
 - Touch the landing area beyond the plane of the uprights without clearing the bar.
23. **High Jump Tie:**
 - The competitor with the least amount of jumps at the height wins.
 - If the tie remains, the person with the lowest amount of failures at the end of the competition wins.
24. **Types of Jumps**-the scissors, western roll, straddle and the Fosbury Flop.
25. **Pole Vault**-the athlete attempts to clear a high crossbar using 4 to 5 meter (12-16 foot) long flexible pole. Grasping the pole several feet from its top, the vaulter races down a short runway, digs the tip of the pole into a box or slot in the ground, and swings upward toward the crossbar.
26. **3 Attempts**-pole vaulters are permitted 3 attempts at each height.
27. **Long Jump**-the contestant runs along a runway and springs into the air from a point called the takeoff board. The length of the run varies from person to person.
28. **Goal**-the goal of the runner is to travel the greatest possible distance before landing.
29. **Qualifying Jump**-any jump that is measured along a straight line extending from the front edge of the take-off board to the landing mark made closest to the takeoff board by any part of the jumper's body.
30. **Triple Jump**-consists of three distinct sections:
 - Hop-athlete takes off and lands on the same foot as that from which he or she had taken off.
 - Step-athlete lands on the other foot from that used for the hop.
 - Jump-athlete jumps from one foot and lands on one or both feet in the sand pit.
31. **Foul Jump**-is recorded if any part of the athlete's takeoff foot extends over the front line or side edge of the takeoff mat or board; or if the athlete walks back through the pit after the jump and in the course of landing the athlete touches the ground outside the landing area.
32. **Shot Put**- the aim of shot putting is to propel a solid metal ball through the air for maximum distance.
33. **Shot Put Weight** should be:
 - Women-4 kilograms (8 pounds 14 ¾ ounces)
 - Men-7.26 kilograms (16 pounds)
34. **Confined Area**-the participant for the shot put has a confined circle space of 7 feet.
35. **Discuss**-a heavy disc thrown from inside a circle to a wedge-shaped marked.
36. **Discuss Weight** should be:
 - Women-7.1 inches in diameter and weighs 1 kilogram (2 pounds 3 ¼ ounces).
 - Men-8.7 inches in diameter and weighs 2 kilograms (4 pounds 6 ½ ounces).