

TRACK & FIELD

Individual Sports



HISTORY



- Track and field has roots in the animalistic nature of man, you could say.
- A subdivision of the sport, athletics, track and field is often said to have evolved from innate or natural human activity.
- Most events mimic predatory activities: Think spears, life-and-death chases, and assertions of dominance.
- Formalized track and field was first recorded at the Ancient Olympic Games of 776 BC in Olympia, Greece.
- The single event contested was a footrace of roughly 200 yards called the stade or stadion, from which we get the word “stadium.”

HISTORY



- The Ancient Olympics deeply seeded in Greek mythology, commanded extensive cultural significance.
- Wars halted for the Games. Qualifiers swore oaths before Zeus, their highest god that they had adequately prepared for competition.
- Poets wrote verse about each Olympic champion, and their deeds were chronicled for future generations.
- Eventually, though, the Games were abolished by early Christians in an effort to wipe out polytheism.

HISTORY



- The history of track and field mainly revolves around the Olympic Games.
- Also, there are many international events such as Common Wealth Games, Asian Games, etc that includes the different track and field events.
- The track and field events in the United States are reported to be started way back in 1860.
- As the time progressed, many new events were added.
- In 1913, the International Amateur Athletics Federation (IAAF), track and field's first international governing body, was formed. Amateurism was firmly established as an Olympic ideal.
- That year, the winner of the first Olympic decathlon, American Jim Thorpe, was disqualified for having received \$25 per week as a baseball player.
- It was only after 1913 track and field events were treated as a professional sport.

TRACK AND FIELD EQUIPMENT

- Comfortable shoes and clothing
- Baton
- Shot
- Discus
- Sand pits
- Javelin noodle



HOW TO PLAY



- Track is an individual sport, and can be practiced alone, but when competing one challenges other athletes.
- There are certain track events that do require more than one person
- Each event is started by an event director who prompts each athlete when to begin, he or she will make first, second, and final calls for each competitor in each event

HOW TO PLAY



- In running events:
 - runners must stay in their lane, with the exception of the 3200, 1600, 800, and 4x4 relay
 - Start only when prompted by the judge
 - Keep hand offs within exchange zones in relays
- In jumping events an athlete cannot go over the board, this results in a scratch
- In throwing events you must enter and exit through the back of the ring

TRACK & FIELD SAFETY

- In regulation track and field athletes wear proper athletic attire
- Beware of your spacial surroundings when performing events, Only throw implements away from other students
- The track and field area needs to remain clear of any and all obstructions that may hinder your event
- Practice proper communication skills, for example, yell out “stick” when exchanging the baton in a relay
- Follow all cues given by event director, for example, everyone on the field should duck and stay fairly quite when a track event is about to start, to hear the gun go off



RELAY

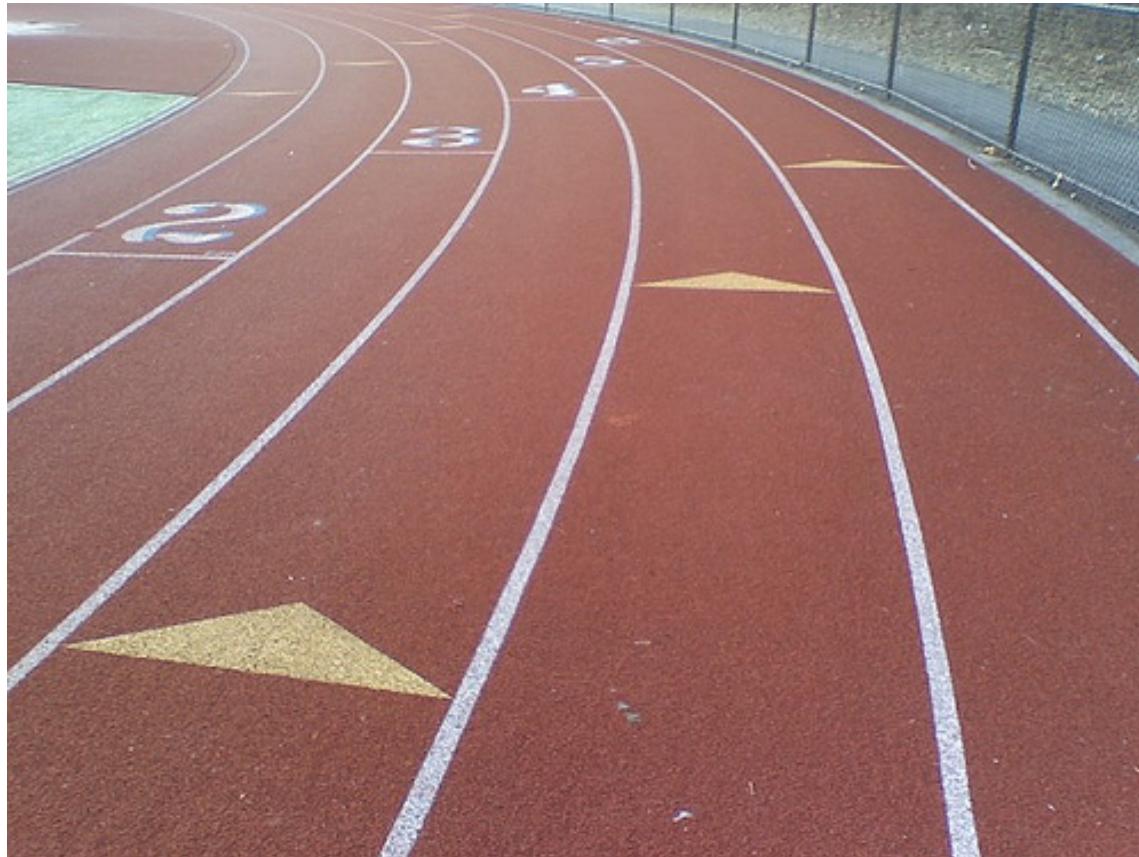
A race that uses more than one person to complete the distance; each person carries the baton forward, staying in one lane before handing it off to the next person

[4X100](#)
[RELAY](#)
[VIDEO](#)



EXCHANGE ZONE

The designated area in which the baton must be passed between teammates on the track

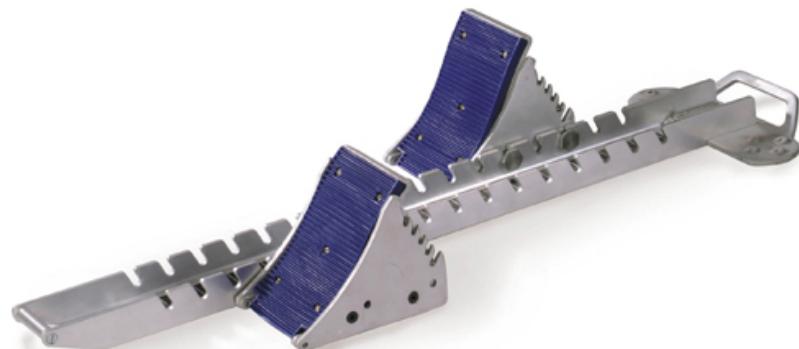


BATON

A hollow, metal or plastic stick passed from person to person during a relay race.



BLOCK



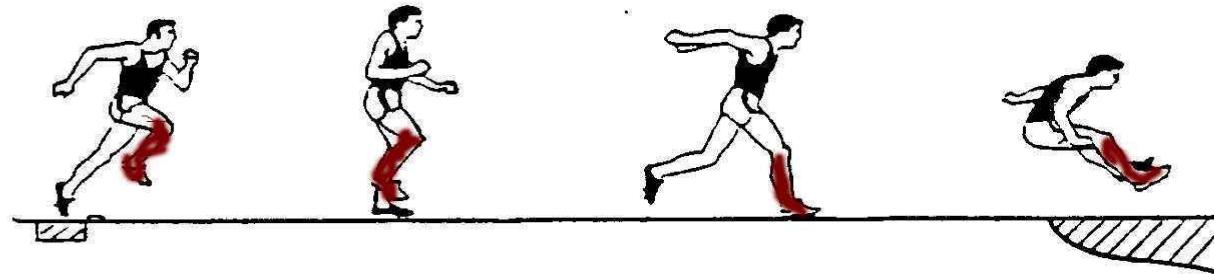
The piece of machinery that a runner uses to push off of with their feet at the start of a race

TRIPLE JUMP

A field event in which one must perform successively a hop, a step, and a jump in continuous movement

Sequence for Triple Jump

[TRIPLE JUMP](#)
[VIDEO](#)



HOP must take off and land on same foot

STEP must land on opposite foot

JUMP must land in the landing area

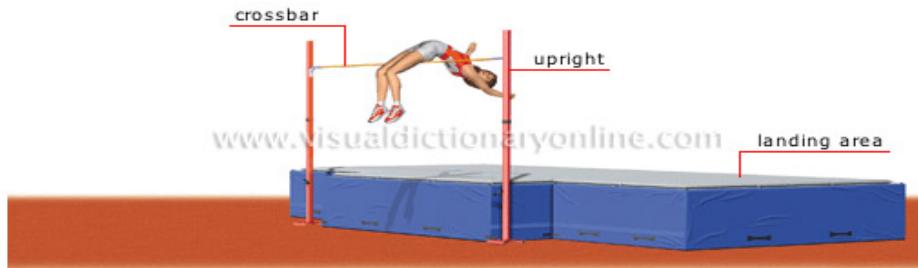
LONG JUMP

A field event with
a jump for
distance from a
running start by
jumping off
your strongest
foot



HIGH JUMP

A field event that involves jumping as high as possible over a horizontal bar.



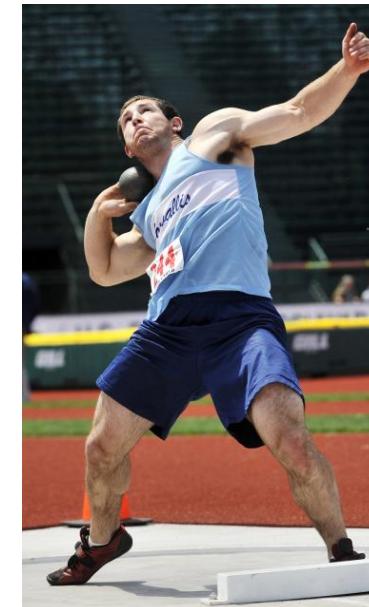
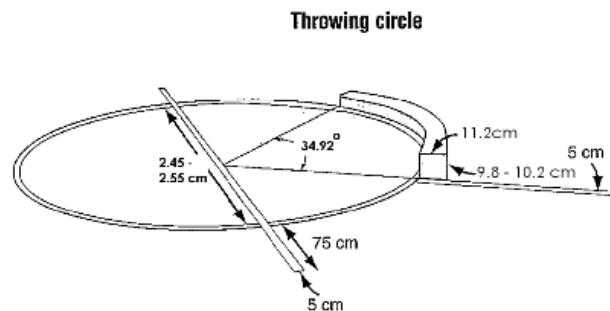
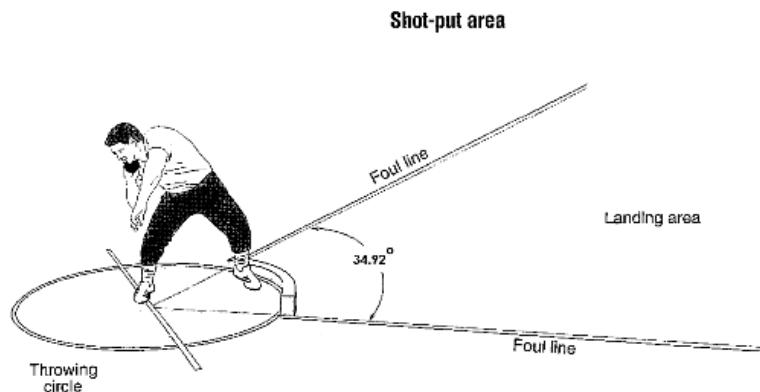
FOSBURY

FLOP

A high jumping technique that involves jumping over the bar backwards and head first.

SHOT PUT

Field event in which a weighted ball is thrown for distance



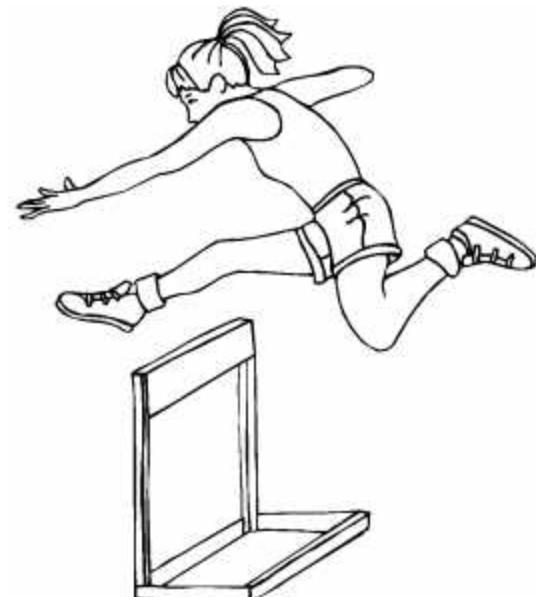
DISCUS

A field event in which a weighted disk shaped object is thrown for distance



300 HURDLES

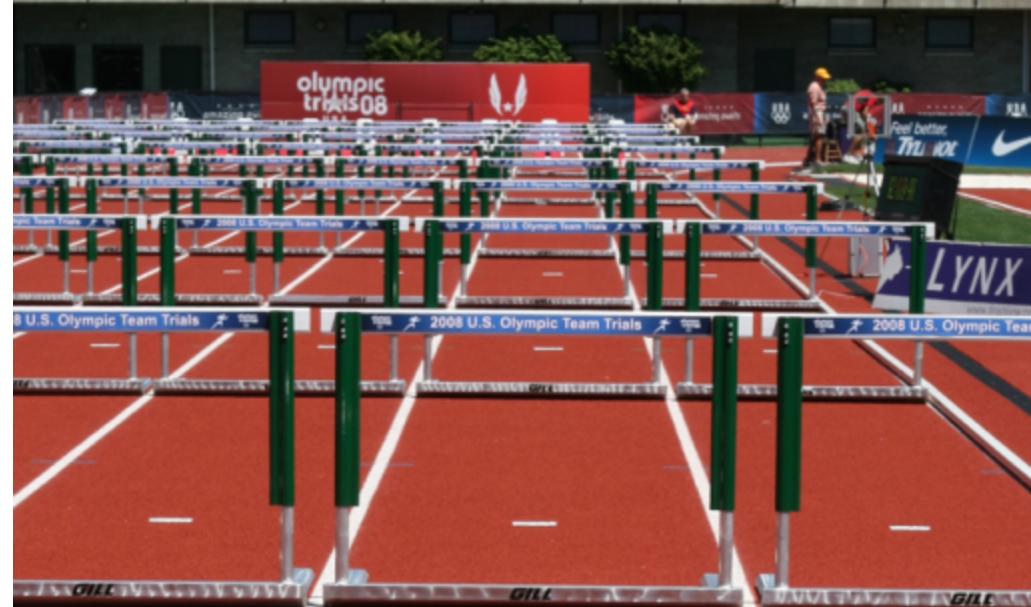
A race where the runners have to jump a series of barriers (hurdles) within their running lane for a specified distance



[HURDLES VIDEO](#)

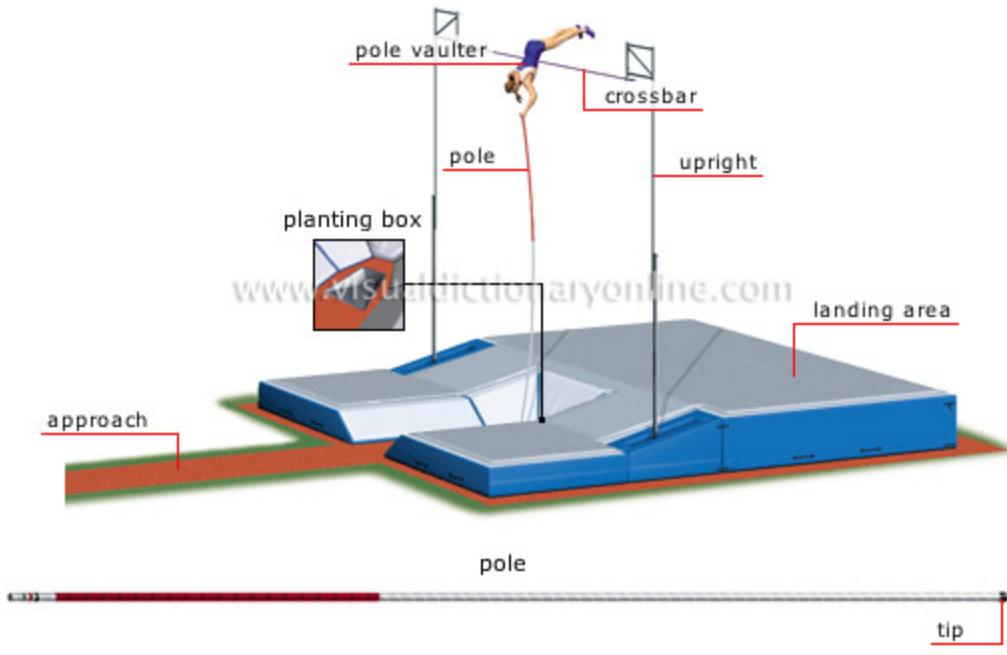
HURDLE

A light moveable barrier that runners must leap over during certain races.



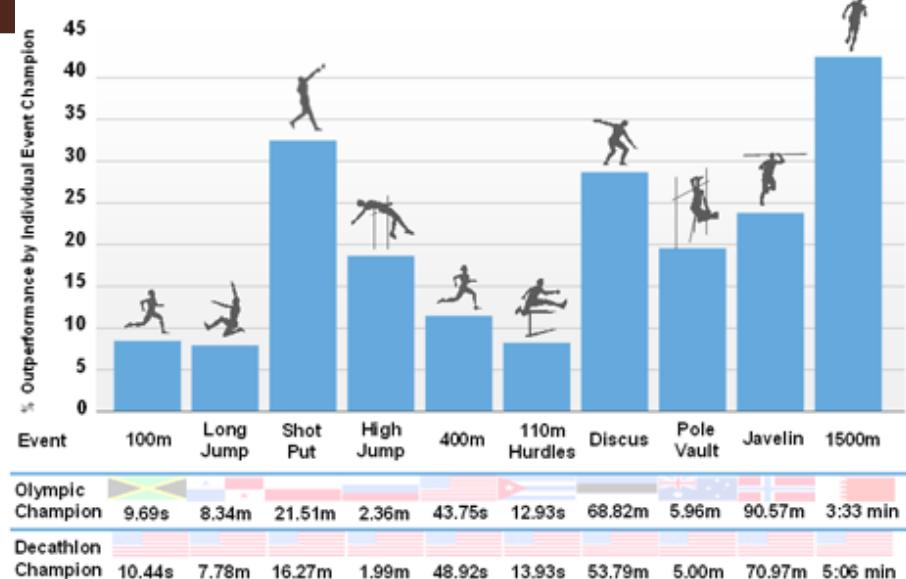
POLE VAULT

A field event that involves jumping over a high crossbar with the aid of a long pole.



DECATHLON

An athletic contest consisting of ten different running and field events.



PENTATHLON

An athletic contest consisting of five different running and field events.

OTHER VOCABULARY

- Sprints – An event where the runner has to run very fast for a short to middle distance
- Short Distance – Running events that are completed for a short distance, such as the 100, 200, and 300 meter dash
- Middle Distance – Running events that are completed for a middle distance, such as 400 to 800 meter runs and relays
- Long Distance – Running events that are completed for a long distance, such as 1600 and 3200 meter runs and relays