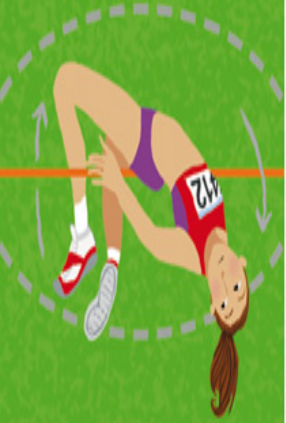


Usborne spectator guides

Track & Field



This fact-filled book provides an essential and easy-to-follow guide to all the major athletics events.

Simple explanations of the objectives and rules of each event


Step-by-step of the technique

Hurdles

The hurdles is a fast sprint race where sprinters jump over 10 barriers placed at regular intervals along the track lanes. The races are run over 100m, 110m and 400m.

Rules

- Hurdles can be knocked over, but athletes must not do this deliberately.
- During a jump, the trailing leg and foot must be at the same height as the hurdle bar (not go around the side of it).
- Hurdlers can only jump over hurdles in their own lane.
- It is forbidden for a hurdler to go out of his or her lane during the race.



Hurdle height
 Men: 1.06m
 Women: 0.91m
 Max: 1.24m
 Women: 1.21m

Hurdle techniques


Hurdle races start in the same way as a lay-out technique, and a quick return to the starting position.




1 The take-off
 A stride from the hurdle, one leg pushes the body up. This is the trailing leg.

2
 Left track ahead

Look for the banding around each page:

 Track events


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Pole vault

Objective
 To clear (jump over) a horizontal crossbar at the largest height, using a long, flexible pole.

Rules

- Vaulters can choose their starting height. Each vaulter has three turns to clear the bar.
- If the vaulter knocks the bar down it is a fail. Three fails in a row at the same height means the vaulter is out of the competition.
- Vaults must take place within 60 seconds of starting the run-up.
- During a jump, a vaulter must not use his or her hands to climb up the pole.
- Vaulters who clear the bar get another three turns at a greater height. The height of the bar gradually increases until no more vaulters can clear it.



Grip area at top of pole
 11-15cm (4-6in)

Horizontal crossbar

Pole vaulters land on a thick landing mat.

Discus

Objective
 To throw a heavy disc, with a metal core called a discus, as far as possible into a throwing area. Each athlete gets three throws, then the best eight throwers get three more.

Rules

- Throws take place within a circle partly surrounded by a safety cage. Competitors must not step outside the circle while throwing.
- The discus must land in the throwing area.
- Throws are measured from where the discus hits the ground, closest to the throwing circle.
- Throwers must leave the circle after the throw by stepping out of the back of it.

Information about equipment and where events take place

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- Qualifying

Track events

- Sprints
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- Relay races
- Middle distance races
 - 800m
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Track and fi

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More Usbor

Guides

The stadium

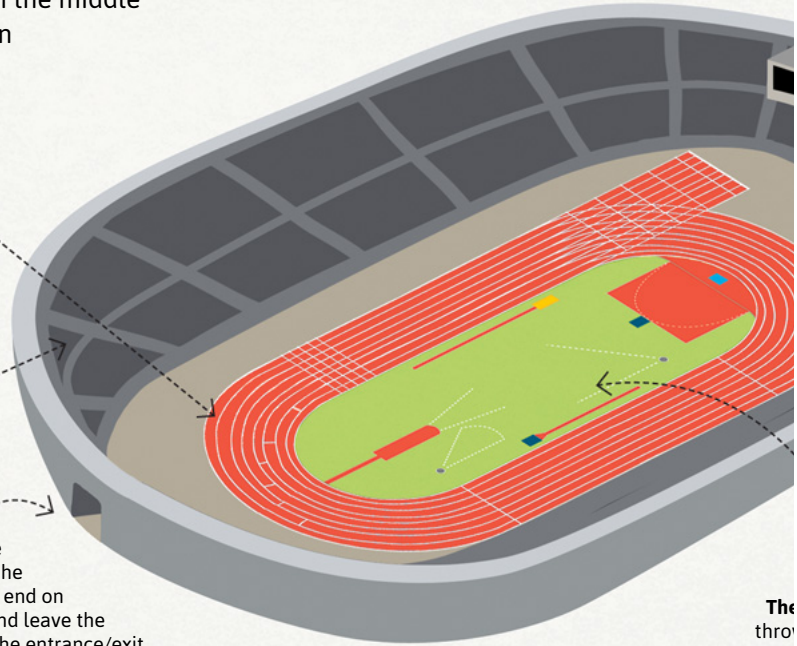
Track and field events are running, jumping and throwing competitions that take place in a stadium. Events are held on the grassy area in the middle of the stadium, the field, or on the running track.

Comment
announcers bro
about the acti
competing, or

The track: most running events take place here. It is made up of two straight 100m sections, and two 100m semi-circles.

Stands: spectators sit here to watch the events.

Stadium entrance/exit: some races go out onto roads outside the stadium, although they always end on the track. Runners enter and leave the stadium here. The position of the entrance/exit varies depending on the stadium.



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Track and field events

Track events

Track events are divided into three categories:

- **Sprint:** short, fast races that usually last seconds.
Events: 100m, 200m, 400m, 100m/110m/400m hurdles, 4x100m relay, 4x400m relay
- **Middle distance:** races that are slower than sprints, but still fast, lasting minutes.
Events: 800m, 1,500m, 3,000m steeplechase
- **Long distance:** slower races that are sometimes run on roads outside the stadium.
Events: 5,000m, 10,000m, marathon (42.195km); 20km and 50km race walks



Field events

There are three categories of field events:

- **Jumping:** athletes compete to jump the highest or longest.
Events: high jump, pole vault, long jump, triple jump
- **Throwing:** athletes throw a projectile as far as possible from a set point. The competitor who throws the furthest wins.
Events: hammer, shot put, discus, javelin

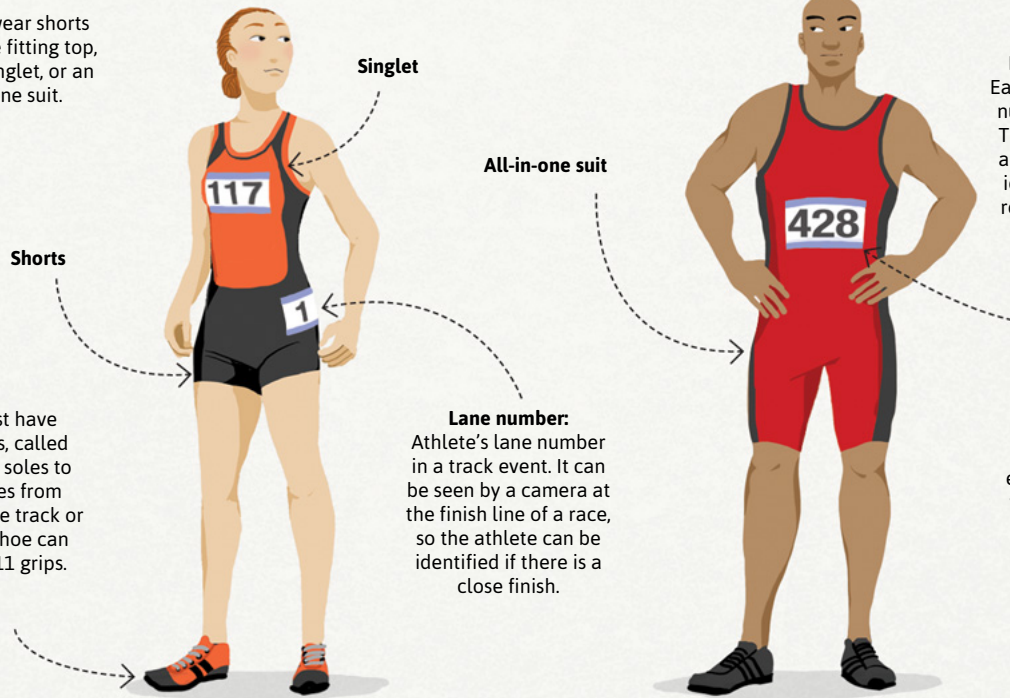
Combined events

- **Decathlon:** male athletes compete to perform the best in 10 different track and field events.
- **Heptathlon:** female athletes compete to perform the best in 7 different field events.

Athletes

Track and field competitors wear clothing that allows them to move around freely and stay cool. Usually, athletes from the same country or team all wear the same sports gear.

Athletes wear shorts and a close fitting top, called a singlet, or an all-in-one suit.



Singlet

All-in-one suit

Shorts

Shoes: Most have metal spikes, called grips, on the soles to stop athletes from slipping on the track or field. Each shoe can have up to 11 grips.

Lane number: Athlete's lane number in a track event. It can be seen by a camera at the finish line of a race, so the athlete can be identified if there is a close finish.

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Stadium information

To find out more about the athletes competing in an event, look at stadium display boards. Look at athletes checking the boards after their go or event. This is the first time they see the official results.

Main display

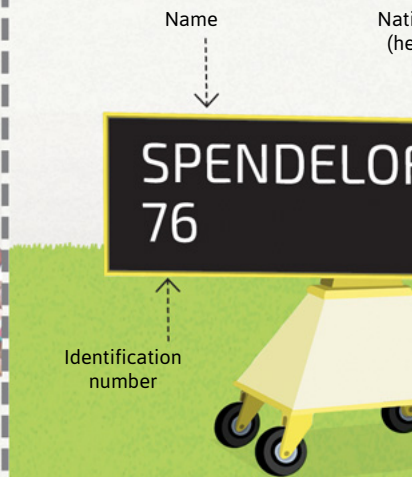
This lists competitors for each event, and the results when an event has finished.

The main display board shows the following information:

Lane number (races only)	Event	Nationality	Time taken to run a race – or distance jumped/ thrown for field events
100 M RACE MEN FINAL		WR 9.84	
1	112 GREEN J	USA	9.79 NWR
2	101 COLTON B	GRE	9.86
3	103 SUDIN C	CAN	9.97
4	102 FREDERICS A	NAM	10.02
5	255 MITCHAL F	USA	10.04
6	256 MONTGOMERY	USA	10.08
7	105 ALFONZO B	NGR	10.22

Infield display board

This displays the athlete who finished first and at the end of an event. It shows the results of the athlete.

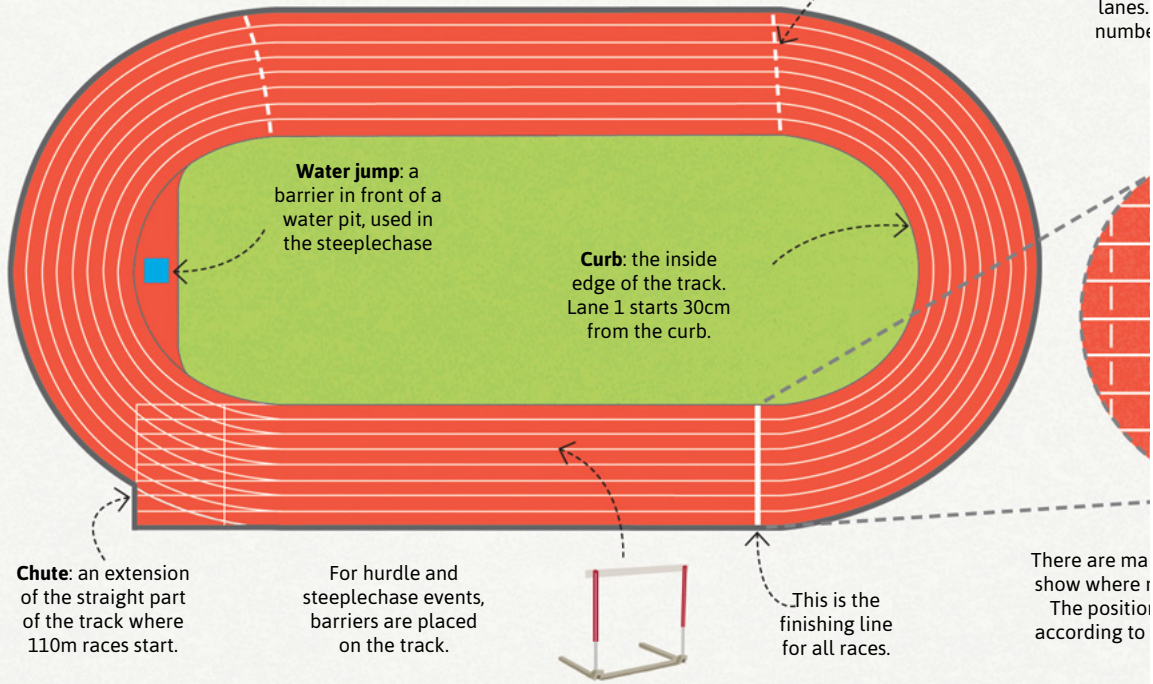


The track

Most running events take place on the track. One complete circuit, or lap, of the track is 400m. Marathon and walking races take place on roads outside the stadium.

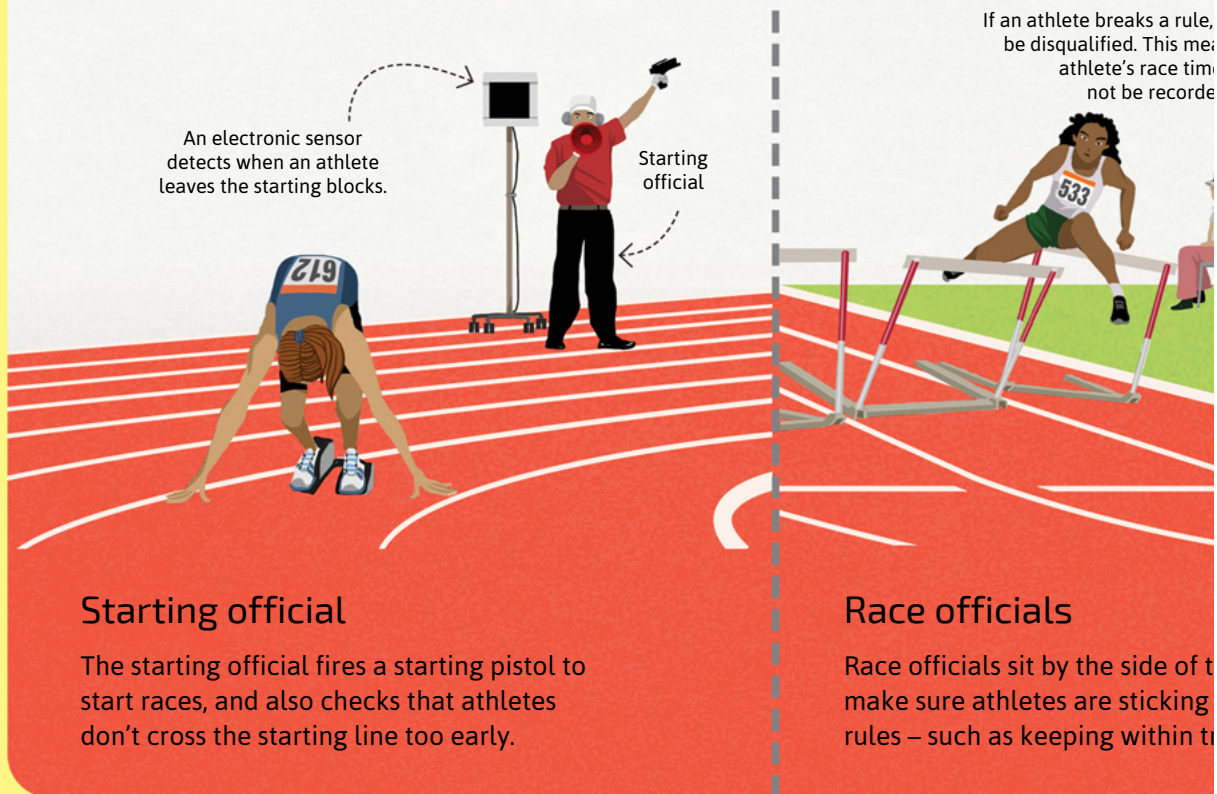
Each straight and semi-circle section of the track is 100m long.

The track has 8 lanes. The number of lanes is 8.



Rules and officials

There are strict rules for each race. Track officials make sure that athletes are following them.



The field

Throwing and jumping competitions take place on the field, the grassy area inside the track.

