

LALA JAGAT NARAYAN EDUCATION COLLEGE

SESSION:- 2023-2025

Submitted To:-

Mr
Ashish
Sir

Submitted by:-

name:- PAMANNA
class:- E.P.T (2nd year).
Roll No:- 23253836
(University).
23540
[class roll No.]

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LALA JAGAT NARYAN EDUCATION COLLEGE

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ATHLETICS
MEET

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Name:- Jannana
class:- E.P.T [2nd year].
Roll No.:- 23540 [Class]
23253836 [University].
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WORLD
 ATHLETICS
DAY 7th May



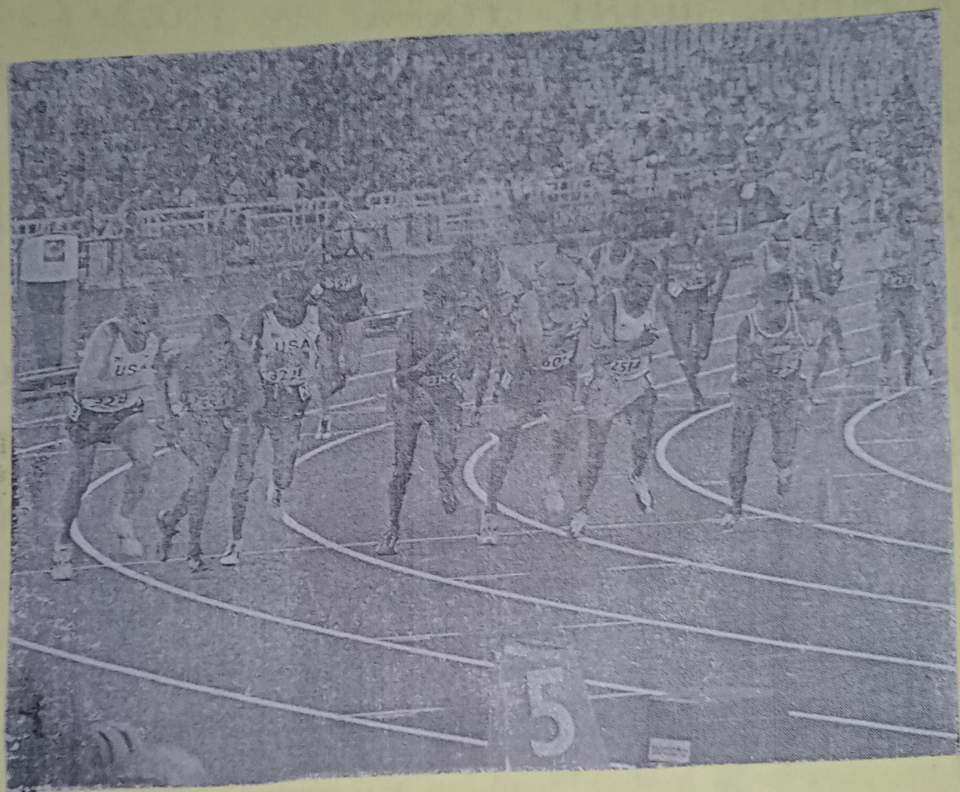
ATHLETICS MEET

Athletics is a very wide term in itself. Sometimes it is used for the preliminary activities of other games too. The term Athletics is derived from a Greek word 'Athlos' which means 'contest'. So, athletics is considered as the King of all games. Different events of track and field are organised according to different age, class and game and the player. Athletics includes running, jumps and throws. In other words, Athletics is also called as Track and Field events.

Classification of Athletics:-

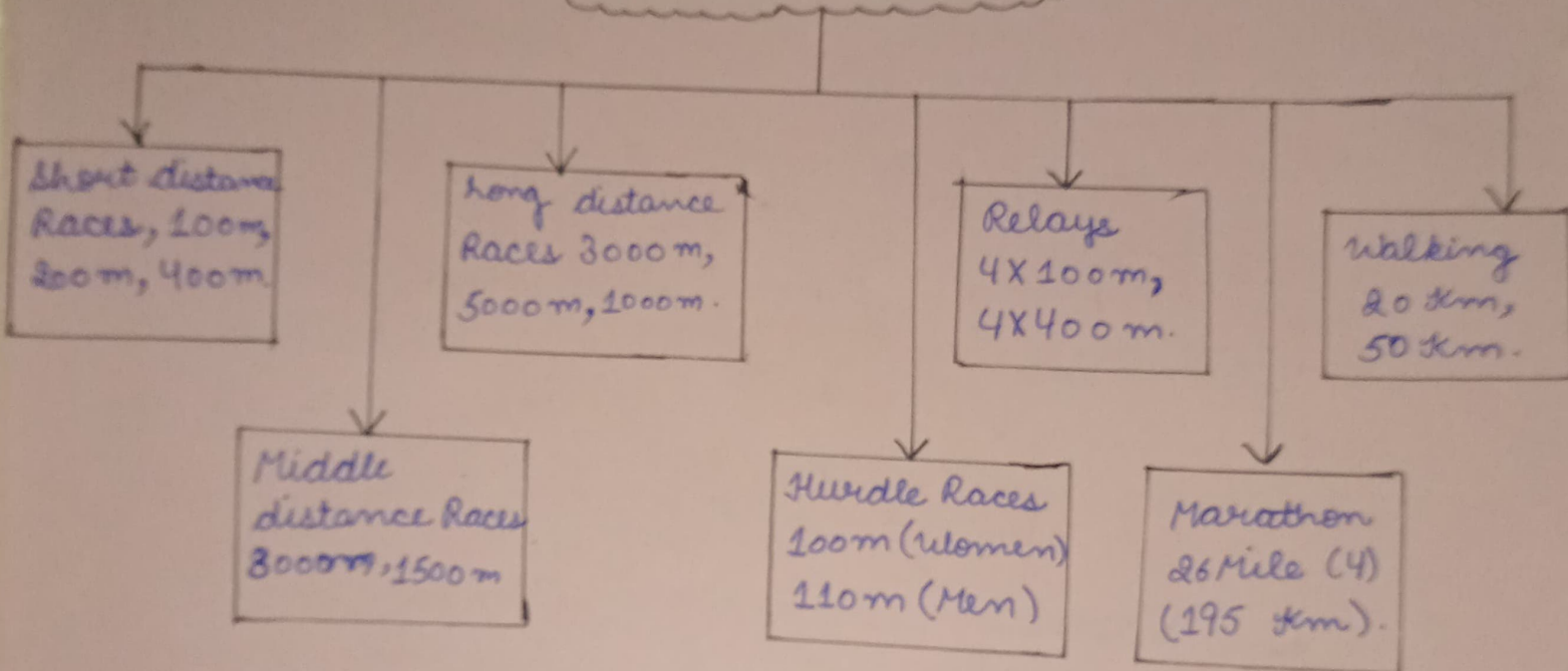
1) Track Events:- The running event are called as track events. They are measured against time.

2) Field Events:- The jumping and throwing events are called field events.



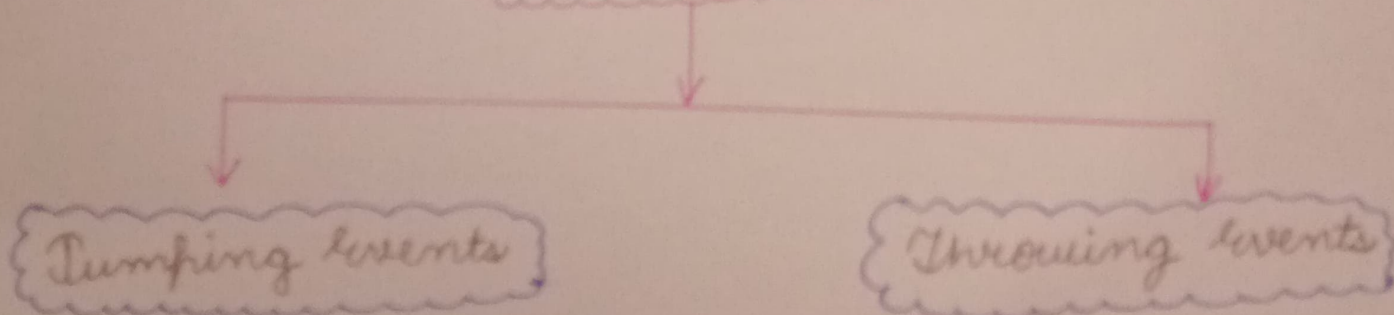
Classification Of Track Events

Track Events



Classification Of Events

Field Events



Jumping Events

Long Jump
High Jump
Triple Jump
Pole Vault

Throwing Events

Shotput
Discus Throw
Javelin Throw
Hammer Throw

Classification Of Combined Events

Combined Events

Decathlon (Men)

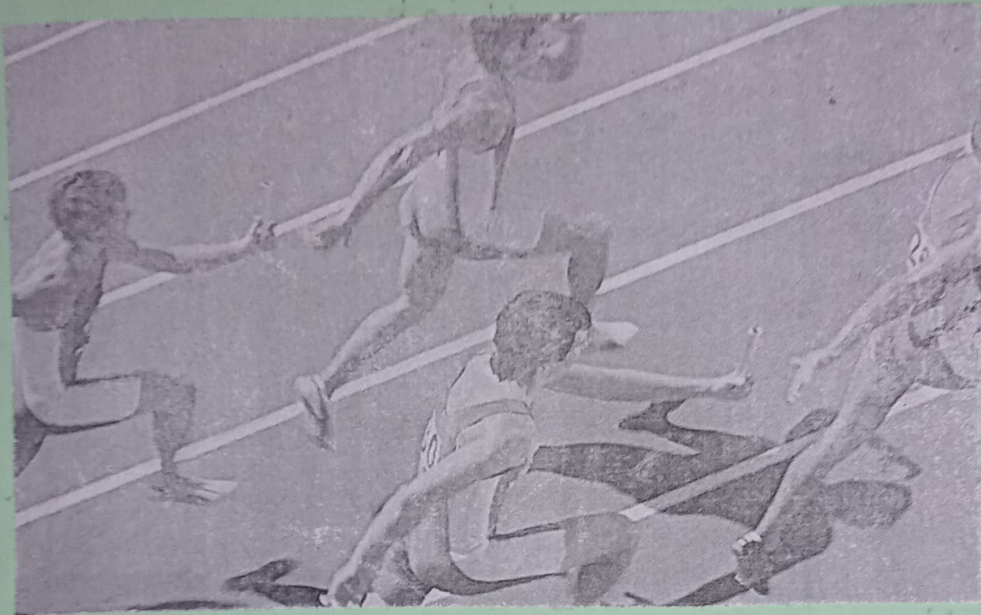
100 m, Long Jump, Shotput,
High Jump, 400 m,
Pole Vault, Discus
Throw, Javelin
Throw.

Heptathlon (Women)

100 m Hurdles,
High Jump,
Shotput, 200 m,
Long Jump,
Javelin Throw,
800 m.

Track:- There are two types of tracks i.e. 400m-Standard Track and 200m-Practice Track. A track is made up of 2 straights and 2 curves. It is oval in shape. It can be made up of soil, grass or synthetic weather resistance running surface. A standard track has 8 lanes. The width of each lane is 1.22m. All the lines of the track are 50mm thick.

R. Stagger:- If the runners have to run a race which include curve also and the runner has to run in his own lane. only, then the surplus distance in the lanes is reduced in the beginning, so that no runner can take extra advantage. This reduced distance is called as a stagger.



Track Events

Track Events:- 3 Types.

(i) Sprints:- It has 100m, 200m, 400m, 100m hurdle (women), 110m (Men), 400m hurdles, 4x100m relay.

(ii) Middle distance Races:- The race 800m, 1500m are Middle distance races.

(iii) Long distance Races:- The races of 3000m, 1000m are long distance races.

Type Of Start:-

Each race is started with start. The main are two types:-

(i) Standing Start:- This kind of start used for Middle and long distance races.

(ii) Crouch start:- This kind of start is essential for sprints. There are three types of crouch start.

(i) Buck start

(ii) Medium start

(iii) Elongated start.



* Hurdle Race:- This is combination of two actions i.e. Running and Jumping. The aim of this race is to cross these hurdles with as little break as possible, in a natural running rhythm. The athlete has to run in his/her own lane throughout race. 100m Women hurdle, 110m Men Hurdle, 400m Hurdle (Men and women).

* Relay Races:-

Men	Women
4X100m.	4X100m.
4X400m.	4X400m.

* General Rules of Track Events:-

- (i) Athletics should wear clean and unobjectionable clothes.
- (ii) Athletes can run barefooted or with shoes.
- (iii) The athlete will remain in the own lane throughout the race which are run in lanes.
- (iv) An athlete who crosses the starting line before the gun shot commits a starting foul.



* Field Events:

* Field Events :- Two Types.

- (i) Jumping . (ii) Throwing .

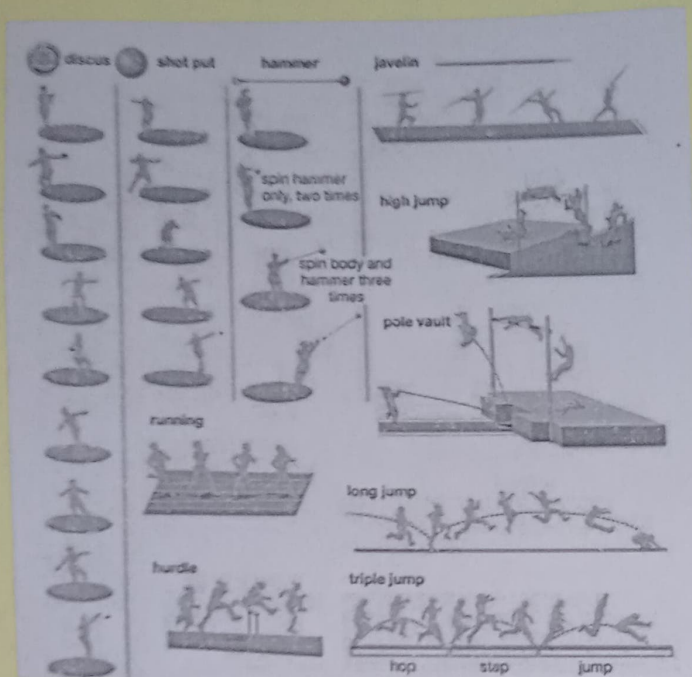
(i) Jumping Events :- It has four events in it .

(a) Long Jump :- In long jump an athlete has to run up for a fast take off from take off board, leap us in a air and drive out for distance.
The main aim is to jump as far as possible .

Techniques of long jump :-
① Sail Technique ② Hang Technique ③ Hitch-Kick .

(b) High Jump :- In it, the athlete sprints toward a horizontal bar that rests across two upright poles and jump vertically over the bar on to a cushioned matters. Athletes should have activeness of flexibility .

Technique of High Jump :-
① Scissor . ② Western Roll . ③ Straddle .
④ Fosbury Flap .



(c.) Triple Jump:- The combination of three jumps such as Hop, Step and jump is called as Triple jump. That is why, it is called as Hop - step - jump also. Technique of Triple jump:-
① Flat ② Steep ③ Mixed.

(d.) Pole Vault:- Pole vault is the only jumping a pole events in which and apparatus means a pole is used. The cross bar is crossed with the help of pole. The athlete begins a jump by sprinting down a runway and then plants the pole into a box in front of the bar.

(ii.) Throwing Events:- It has four events in it.

(a.) Shotput:- Shotput is one of the main events of throwing events, but actually it is "Putting the shot". It differs from the throw because in this the 'shot' i.e. Metallic ball is fixed at the collar bone and is pushed from there, the hand of athlete should not taken behind the shoulder.

(b.) Discus Throw:- The modern discus throw has undergone a lot of changes in the rules of event, its name and even technique. The events required well developed, strong hands, long arms.

(c.) Javelin Throw:- Javelin throw is another major throwing event. An athlete should have speed, power, patience, coordination and powerful excellence legs, excellent shoulder girdle strength.

Combined Events:-

- (i) Decathlon (Men):- It has 10 track and field events and won by having high score.
- (ii) Pentathlon (women):- It has 5 events and won by having high score.
- (iii) Heptathlon (women):- An athletics has 7 events and won by highest score.

(N.Y.)
9/4/2026