

Track and Field - Athletics

- individual sport
- 30 different events
- Track events: sprints – middle/ long distance races
- Field events: jumping and throwing





- Athlete: *athlos* = competition

- Stadium: *stadion* = 180 m



- England
- 17th - 18th century
- running and walking races
- Championships were held in 1866
- first modern Olympic Games, in 1896.

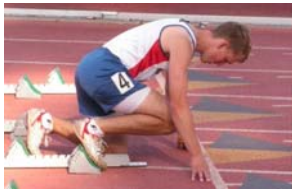


Facilities: Stadium

- 400 m track divided into
 - 6 or 8 lanes
 - jumping
 - throwing
 - Water jump
 - counterclockwise



Starting blocks



- depression in the ground
- portable metal device
- to give runners a firmer push-off
- prevent runners from slipping
- detects false starts

Shoes : 11 spikes.