

Track and Field Notes

Single runners to keep men in shape for war. No team sports as seen today.

Citius, Altius, Fortius

Swifter, Higher, Stronger

Only men who spoke Greek were allowed to take part in the races.

I. Early History

- A. Ancient Greece** Location of the first Olympic games were held in the religious sanctuary of Olympia near Greece's southwest coast.
- B. Wars** City states called for a truce during any wars for competition.
- C. Prize to winner** Wreath of Olive leaves from a sacred tree from behind the temple in Olympia, later was money and medals. A statue of the person who won.
- D. Important Dates**
 - 776 B.C.** 1st of ancient games. Originally, the games were a religious festival to honor Zeus.
 - 100 B.C.** Competed for \$\$\$ - no longer did the games hold a religious value.
 - 393 A.D.** END of the games

II. Modern Games- (Prize to the winner medals)

- A. 1896** Games started up again in Athens Greece.
- B. 1900** Females began to compete.
- C. 1924** 1st winter games.
- D. 1916, 1940, 1944** NO games due to WWI and WW2.

III. Track Events (measured in meters...one meter is equal to 39.37 inches)

A. Sprints - require starting blocks

1. 50m 1/8 of a lap (CHJH event)
2. 100m 1/4 of a lap
3. 200m 1/2 of a lap (staggered start)
4. 400m 1 of a lap (staggered start)

B. Middle Distance - curved start

1. 800m 2 laps

C. Distance

1. 1500m almost 4 laps
2. 1600m 4 laps (CHJH event)
3. 3000m 7 3/4 Laps
4. Pentathlon (for men) 5 events in 1 day
5. Heptathlon (for women) 7 events in 2 days
6. Decathlon (for men) 10 events in 2 days

D. Hurdles (10 hurdles in each event)

1. 110m
2. 300m
3. 400m

Boy's – 42"
Girl's – 36-38"



E. Relays - the first number is the number of runners and

The second number is the distance of the run.

1. 4 x 100m - **Blind pass**

2. 4 x 400m - **visual pass**

The two types of passes are Blind pass and visual pass.

The baton is passed between team mates during a relay. (**in the passing zone**)

F. Steeple Chase This is a running event with barriers and obstacles.

G. Marathon = 26.2 miles, originated in Marathon Greece.

IV. Field Events **Men's Record = 2:03:23** **Women's Record = 2:15:25.**

A. Shot put - Jr. high weight = 8 lbs.

Men's High School Weight = 12 lbs.

Women's High School Weight = 4 kg. (8.8 lbs.)

B. Discus -

Jr. High Weight = 1 kgs. or 2.2 lbs.

C. Javelin

D. Pole vault

Female athlete participation

E. Long Jump

F. Triple Jump

G. High Jump

H. Hammer

V. Our Meet

- 1. Make only positive comments.**
- 2. Choose two individual events.**
- 3. You may participate in a relay, in addition to your two events.**
- 4. Go to an event and stay there (for safety purposes).**
- 5. It is your responsibility to report to events.**
- 6. If you miss an event due to absence, let your teacher know so that he/she can reschedule.**

In shot put and discus, you remain inside the discus or shot put circle or a "Scratch" is called. At CHJH we call this a (no throw).

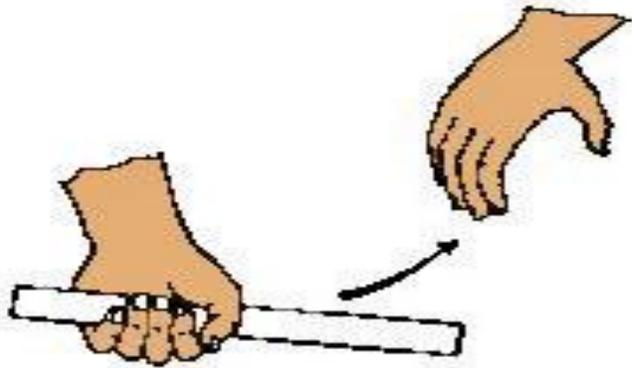
Track

- Sprints: 100m, 200m, 400m
- CHJHS - 50M

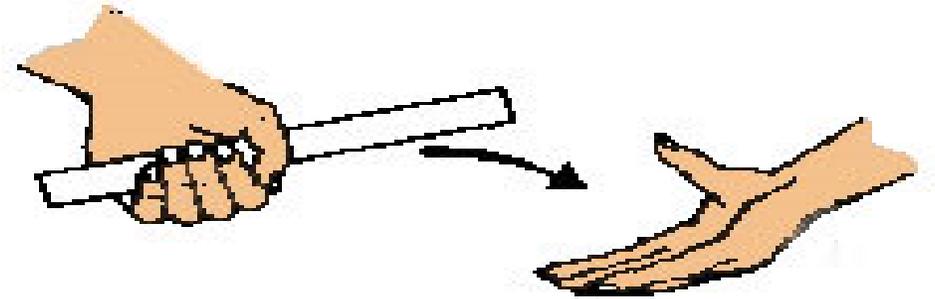


Baton Passes

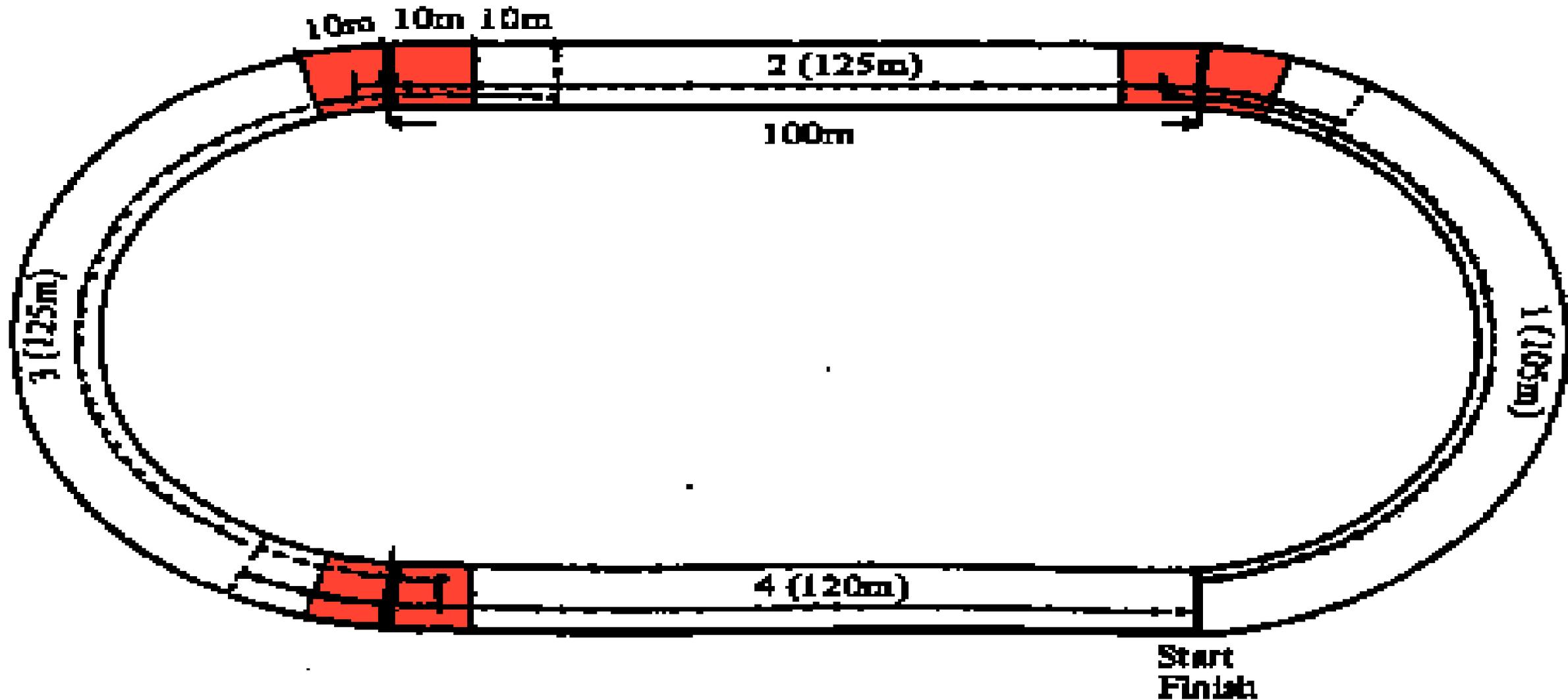
Upsweep



Downsweep



Baton Passes



Track



- Batons are passed during relays
- Passing zones are approximately 20 yds



- **Sprints – 50m (CHJH only) 100m, 200m, 400m**
- **Middle distance - 800m**
- **Distance – 1600 (CHJH only), 1500m & 3000m**
- **Hurdles - 110m High, 300m Int , 400m (NOT CHJH)**
- **Relays – 4 x 100m, 4 x 400m**
- **Heptathlon & Decathlon**
- **Steeple Chase – NOT CHJH**
- **Marathon – NOT CHJH**

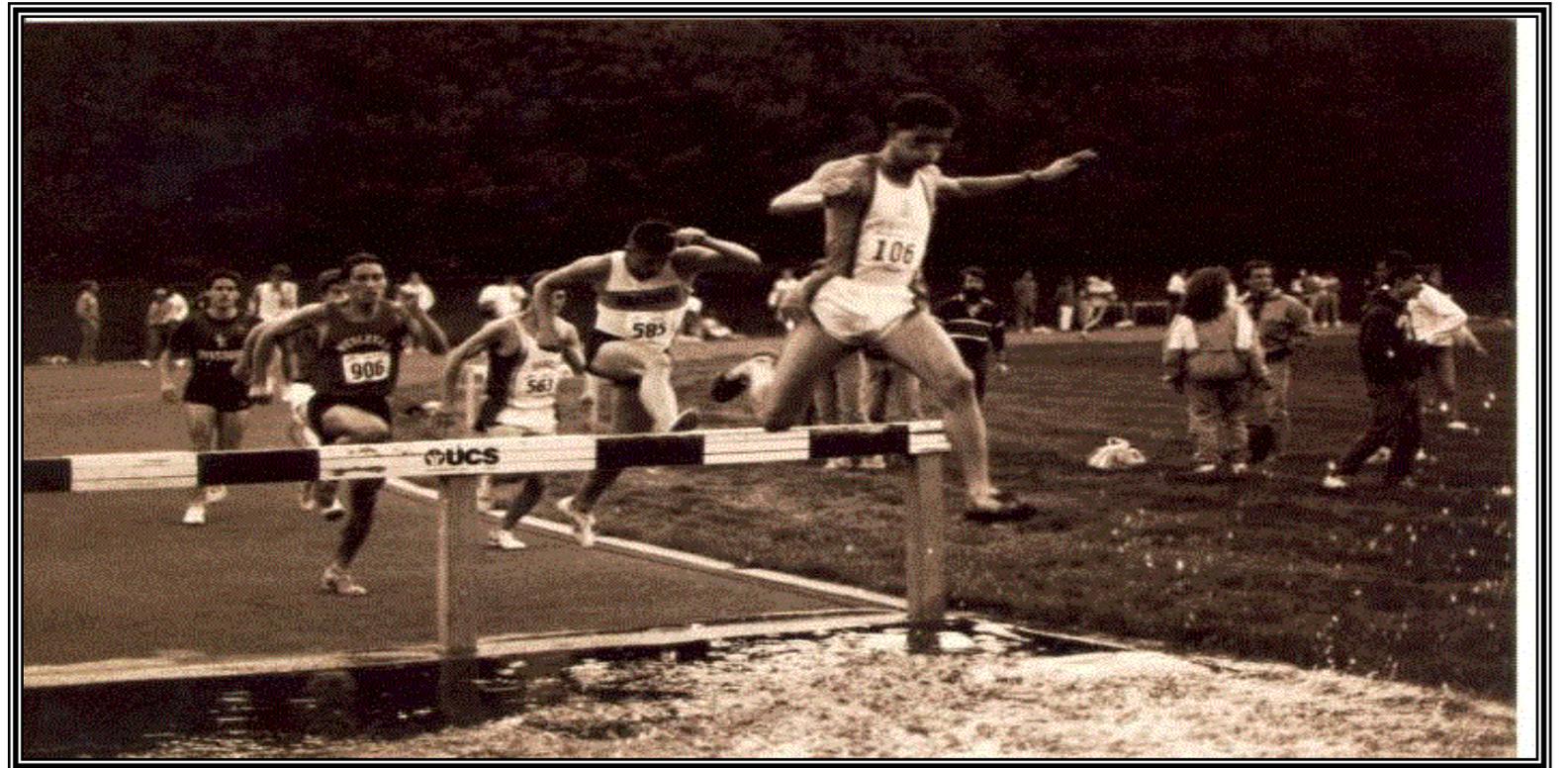
Track



Track



Steeple Chase



Marathon

26.2 Miles



- Shot put - CHJH
- Discus - CHJH
- Javelin
- Pole Vault
- Long Jump - CHJH
- High Jump
- Triple jump
- Hammer

Field

Events



GLIDE SHOT PUT POSITIONS

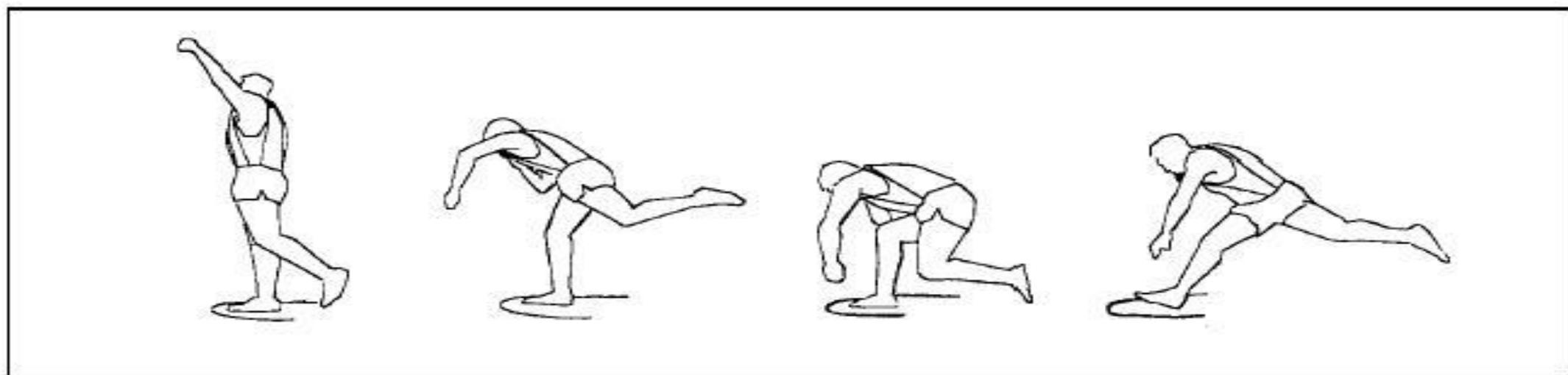


Fig. 15-1.

Fig. 15-2.

Fig. 15-3.

Fig. 15-4.

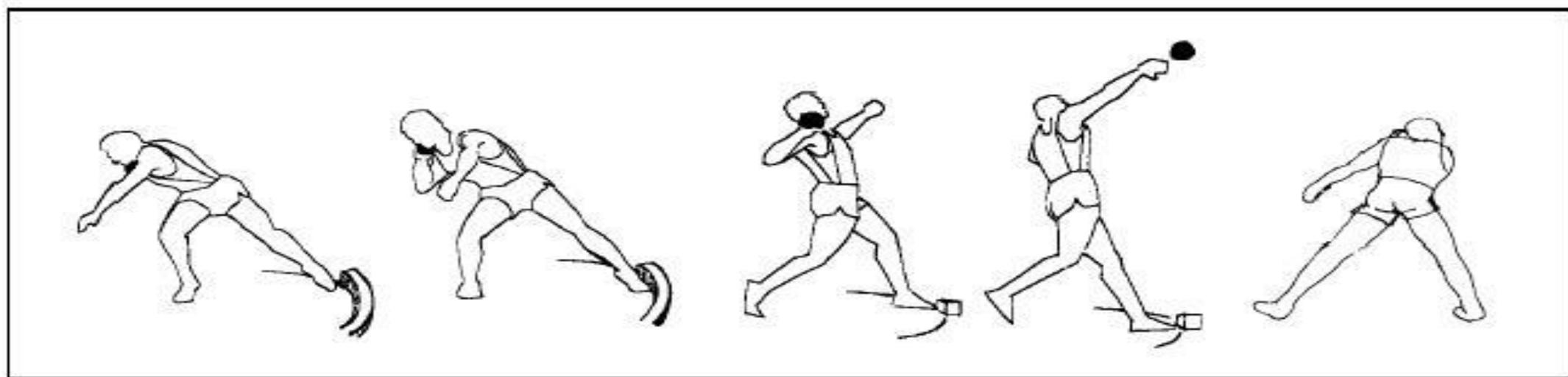


Fig. 15-5.

Fig. 15-6.

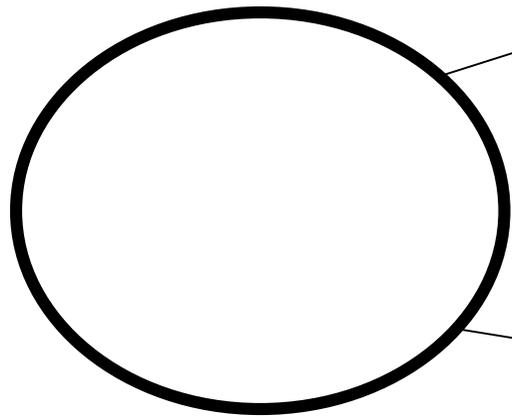
Fig. 15-7.

Fig. 15-8.

Fig. 15-9.

Shot Put

- In ancient times athletes used a heavy stone
- Men... 16 pound shot
- High school... 12 pounds
- Women... 4 kilograms



Discus

- Oldest Individual Sport
- The discus was made of metal or stone
- Today the discus is made of metal and wood
- Women's discus weighs 2 pounds 3 1/4 ounces
- Men's discus weighs 4 pounds 6 1/2 ounces



Discus

Men's World Record: 74.08m



Women's World Record: 76.8m

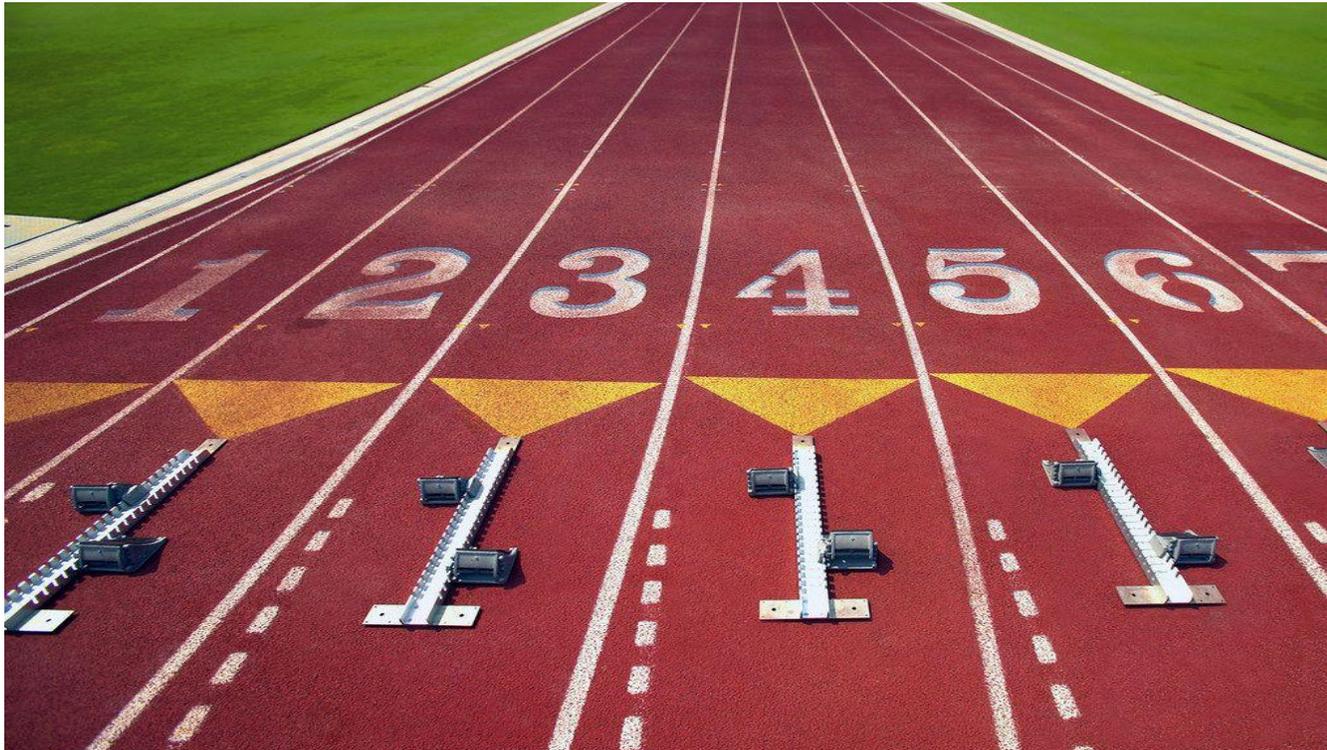
Long Jump

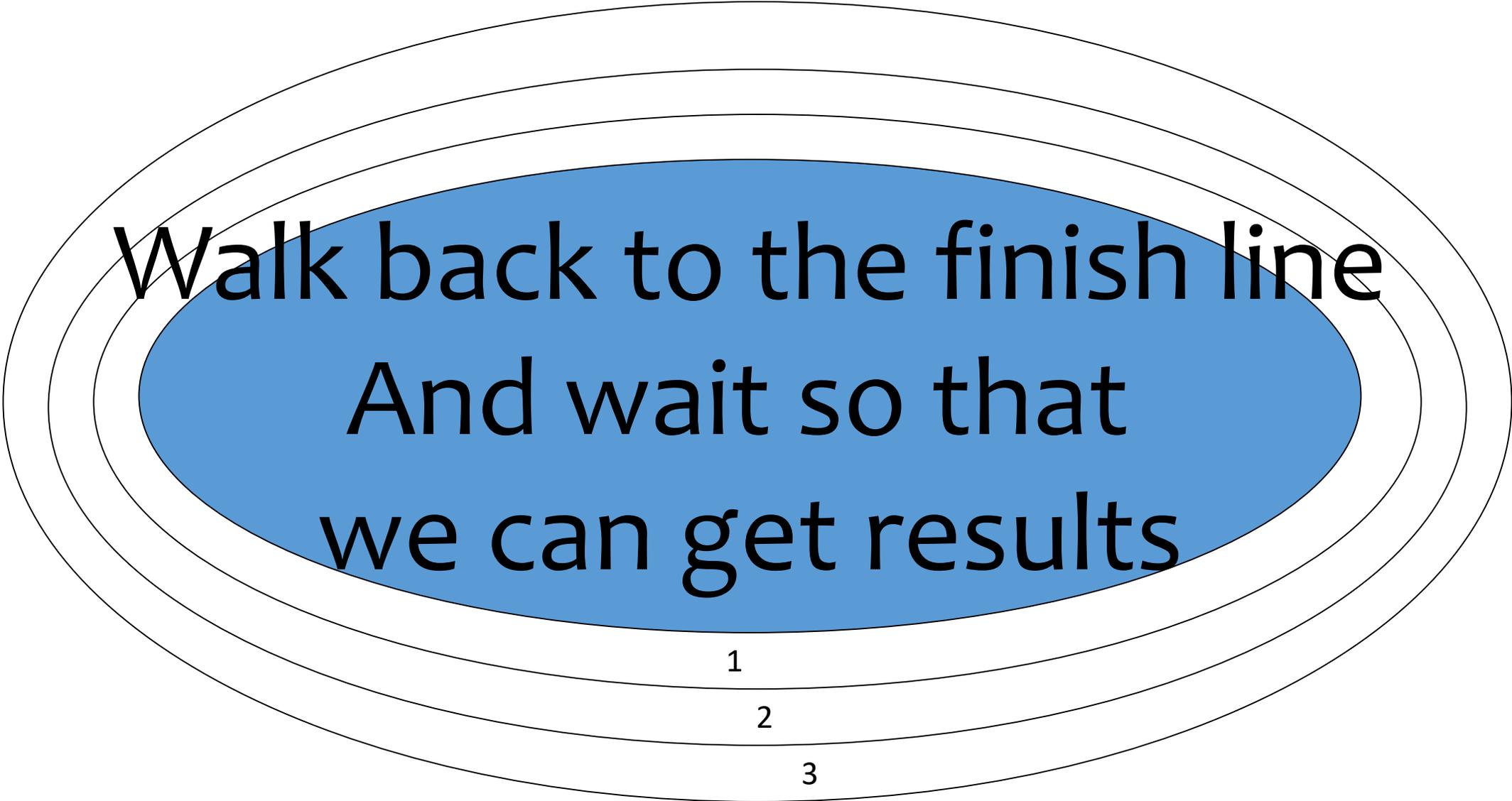




Stay in your lane

Lanes are counted from the inside of the track out





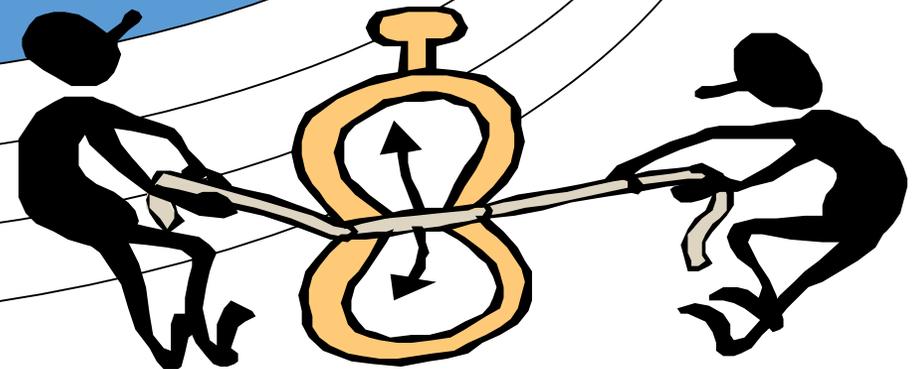
Walk back to the finish line
And wait so that
we can get results

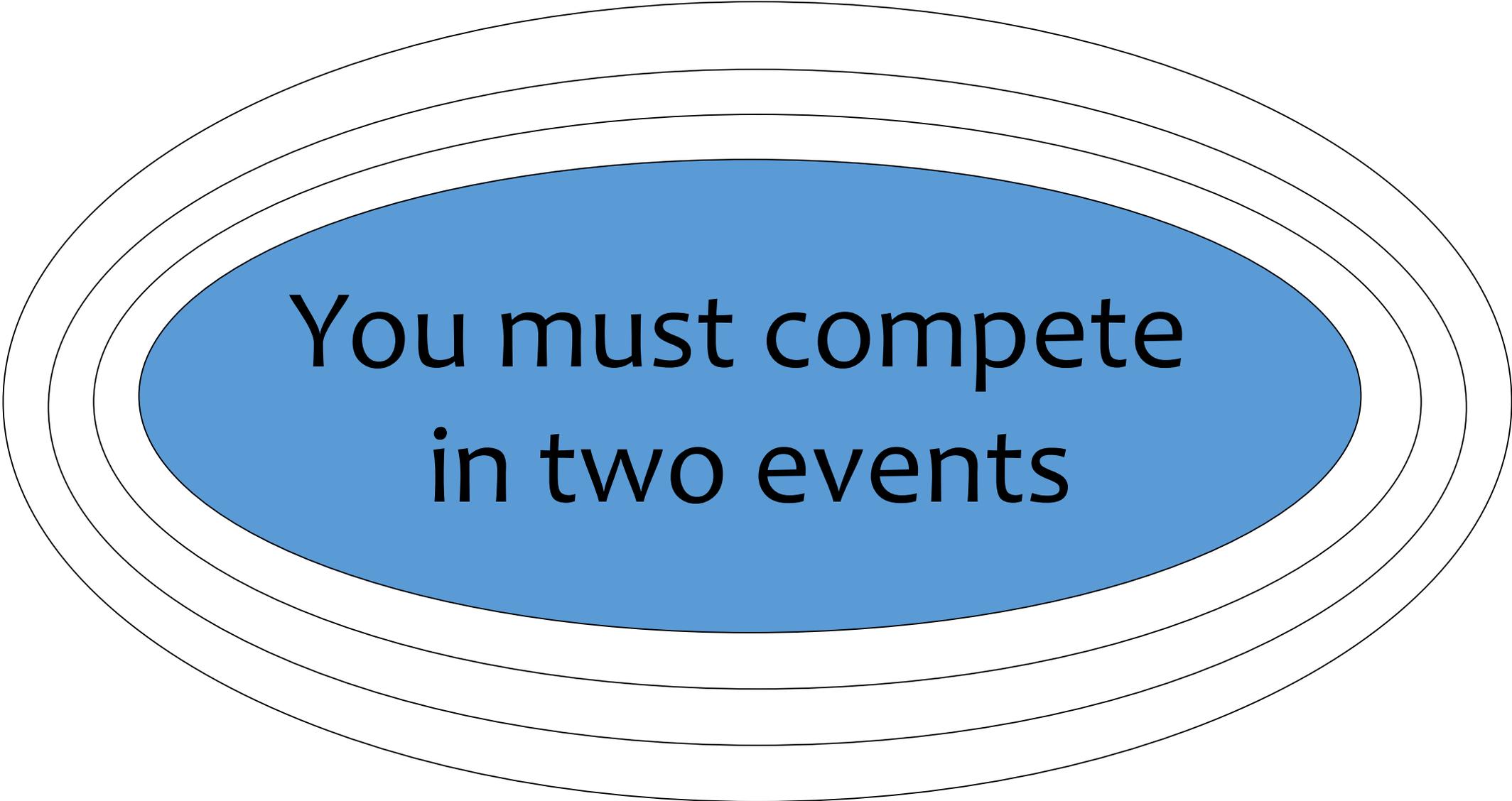
1

2

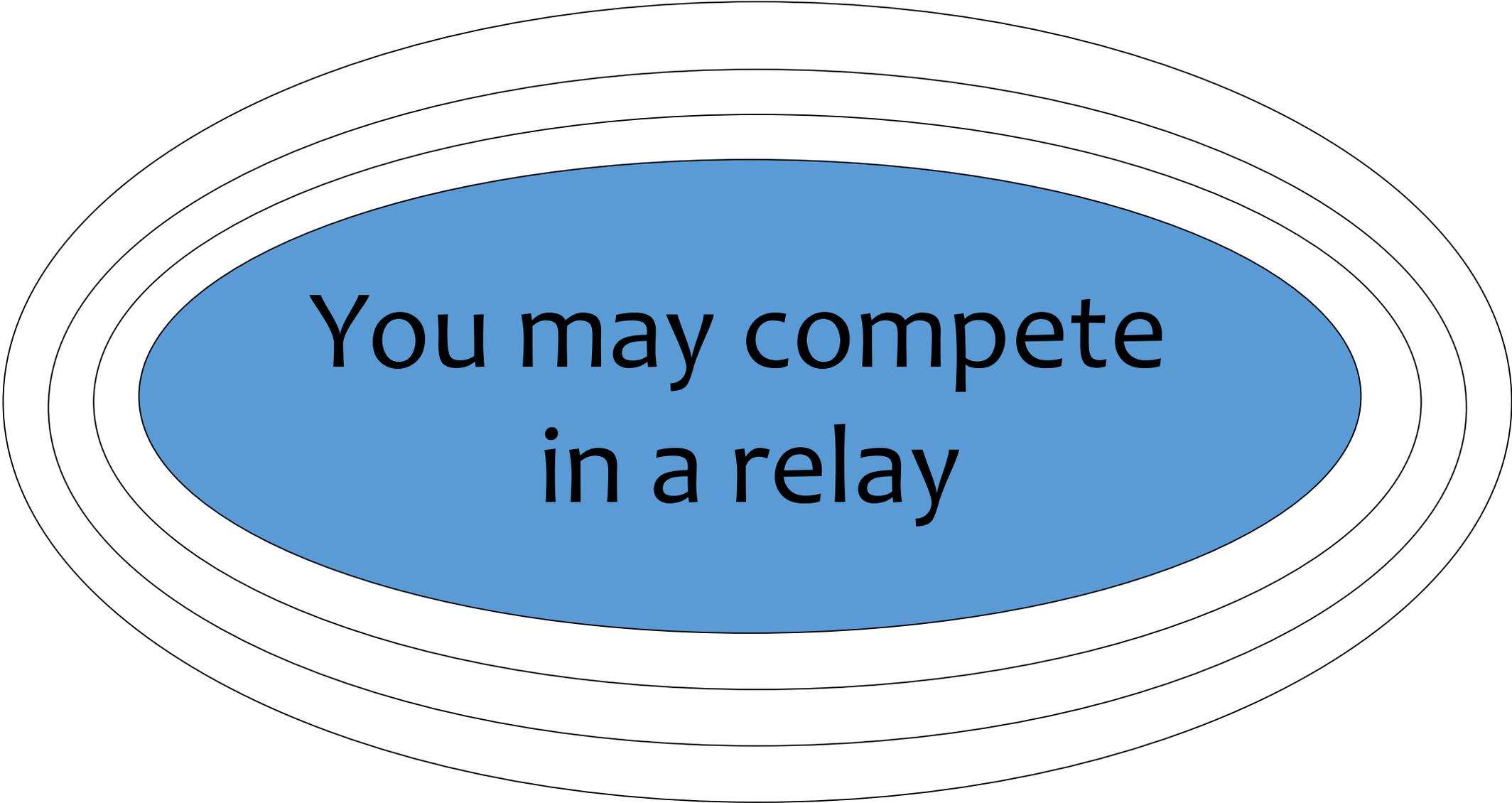
3

You are running against
The clock





You must compete
in two events



You may compete
in a relay

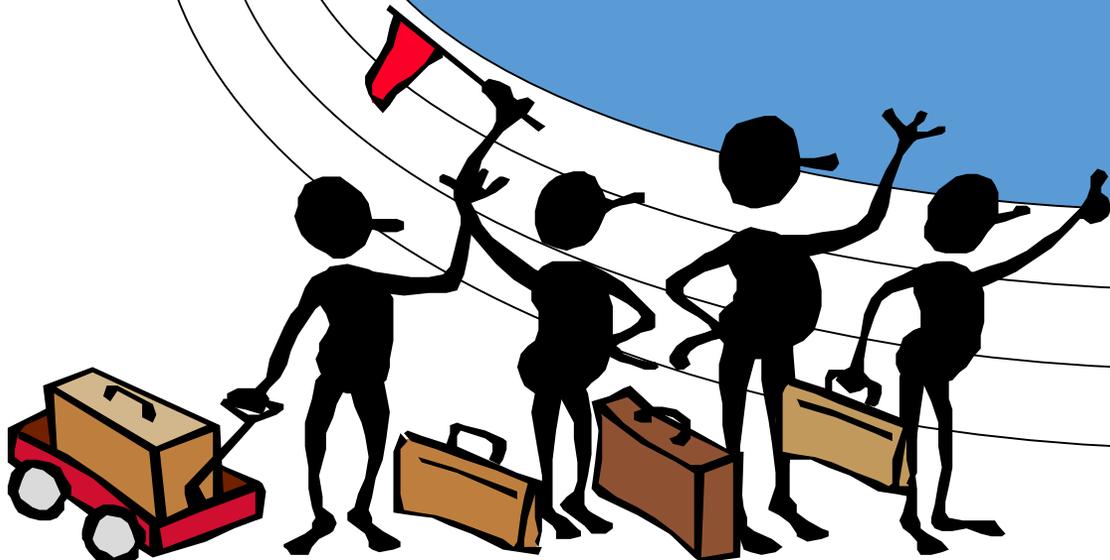
When you are
not competing



Positive Comments Only



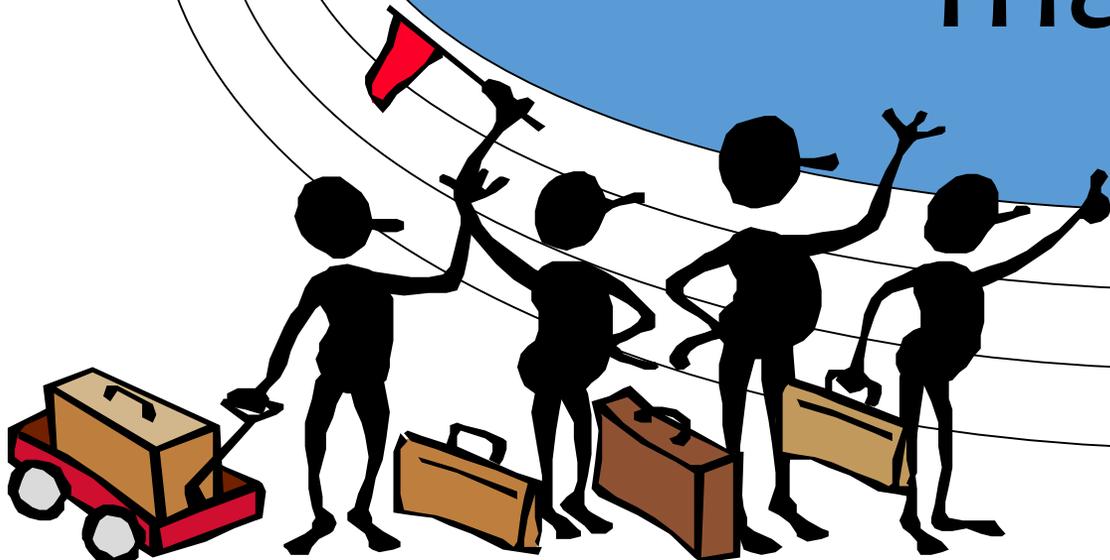
Go to an event and stay there



Stay seated
behind the boundaries



Don't touch boundary
markers



If you are sent
to your number
You lose the points
for the day

