

Track & Field



History

The ancient pentathlon consisted of a long jump, discus throw, javelin throw, a sprint and ended with a wrestling match.



Decathlon & Heptathlon

The decathlon is an athletic competition containing ten different track and field contests and won by the participant amassing the highest total score. It is an Olympic multi-event sport for men. The women's counterpart is a seven-event contest called "Heptathlon".

100 Meters

This event measures basic leg speed and each race/heat will have between 3 and 8 runners. They push off a set of starting blocks at the start as a reaction to a starters pistol, sprint for 100 meters to the finish line.



Long Jump

- The athlete runs toward the landing area, plants his takeoff foot on an 8-inch 'toeboard' and leaps into a sand filled pit.
- The distance is measured from the mark made in the pit which is closest to the takeoff board.
- Each athlete will have only 3 chances and only the best jump will count in the scoring.



Shot Put

- The athlete attempts to push or 'put' (not throw) a 16-pound iron ball so that it lands within a sector of 40 degrees.
- The throwing circle is seven feet wide and made of concrete.



High Jump

- Yet another explosive event where the athlete must approach the bar and landing area, gather himself and leap (always off one foot) over a crossbar.
- The crossbar is raised, usually 3cm (1 1/4 inches) and an athlete is eliminated after three consecutive misses.



400 Meters

- The athlete runs the entire distance in lanes, and like the 100 meter race, may have anywhere from 2 to 7 competitors.
- The 400 meters tests both speed and stamina.



110 meter Hurdles

- The athletes must sprint over a series of ten barriers.
- The barriers are 42 inches high and are placed 10 yards apart.
- The athlete must both sprint and stretch his stride pattern so as to only take 3 steps between hurdles.



Discus Throw

- The discus weighs 2 kilograms (4 1/2 pounds) and is 8'2.5" inches in diameter.
- The athlete must stay within an 8'2.5" concrete circle, while turning 1 1/2 times.
- The discus must land within a 40-degree sector.



Pole Vault

While grasping the upper end of a 14 to 15 foot fiberglass vaulting pole, the athlete races toward the pit, plants the pole in a takeoff box and swings himself up and over a crossbar, eventually landing in a foam rubber pit.





Javelin

- The javelin is a metal spear approximately 8½ feet in length and weighing 800 grams (just under 2 pounds).
- It must be held by a grip and the thrown from behind the shoulder forming an arc.



1500 Meters

The final test is one of endurance, 3 3/4 laps around a 400-meter track. Rarely does the decathlete have the luxury of loafing during this event.




