

ATHLETICS (FIELD)

Get ready for the Summer Olympic Games with our new series and learn about different Olympic and Paralympic sports.

Questions and answers

So I see that on the athletics programme they have field events – that sounds like a picnic!

If they were in a 'field' maybe but here it means the events that take place in the area inside the running track.

The jumps and throws?

Yes, there are four jumping and four throwing events for both men and women. The jumps are the high jump, long jump, triple jump and pole vault.

And the throws?

Javelin, discus, shot put and hammer throw.

But anyone can jump or throw!

Exactly! At the Ancient Olympics the most important event was the pentathlon, and three of the five events were field athletics events – the long jump, and the javelin and discus throws, as well as a running race and wrestling. The winner would be crowned Victor Ludorum, 'the winner of the games.'

Wow! So field athletics is big time?

Yes! Some of the biggest stars in Olympic history have been field athletes. Jesse Owens and Carl Lewis were both long jumpers, for example.

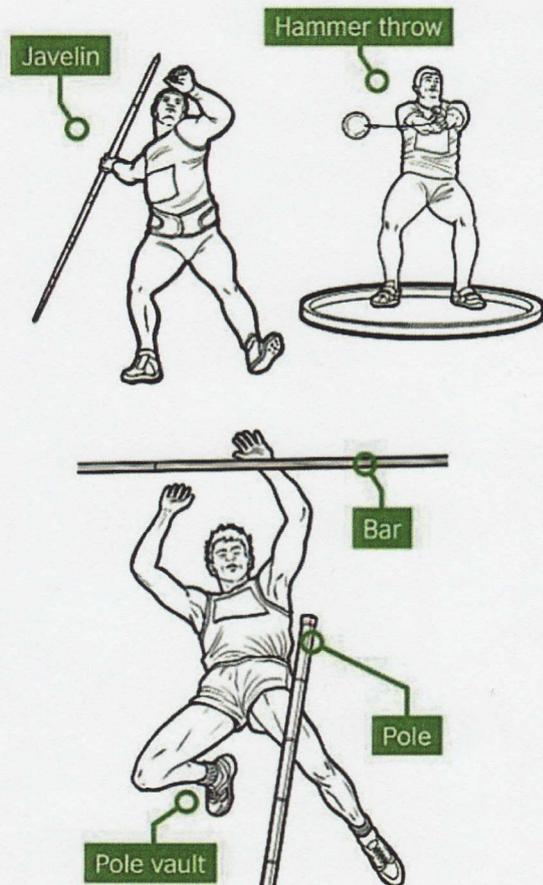
Not so many famous throwers, though?

That's true, but many deserve to be. And don't forget Dick Fosbury.

Who?

Dick Fosbury. He revolutionised the high jump with a new style – the Fosbury flop.

Doesn't 'flop' mean a



Rules for Athletics Field

The rules of athletics field events are simple: the athlete who jumps the longest or highest, or throws the furthest, is the winner.

In the vertical jumps (high jump and pole vault):

- An athlete must clear (go over) the bar without knocking it down.
- An athlete is eliminated if she has three failures at the same height.
- An athlete can pass her attempt.
- The bar is raised (made higher) after all athletes have either cleared, passed or failed their attempts at a height.
- When one athlete remains, she can choose how much to raise the bar.

• If two athletes have cleared the same height, there is a 'tie'. The winner is the athlete who has needed the fewest attempts to jump the highest height, and then, by the total number of failures at all heights.

In the horizontal jumps (long jump and triple jump) and all throwing events:

- All jumps and throws must be made from behind a line.
- All jumps and throws must land in a specified area.
- Crossing the line or landing outside the specified area makes the jump or throw invalid.
- Each athlete gets three attempts. The top eight athletes then get three more attempts.

Wordsearch

D	M	H	A	M	M	E	R	P	T
A	C	E	J	Q	T	B	C	C	H
B	F	B	T	A	K	D	G	L	R
M	D	A	A	R	V	K	H	E	O
W	V	I	I	R	I	E	R	A	W
Y	N	E	S	L	A	P	L	R	Y
J	U	M	P	C	U	S	L	I	T
H	D	X	O	M	U	R	H	E	N
K	D	V	M	Q	T	S	E	O	N
I	T	H	B	P	F	I	L	N	T

Find these words in the grid: hammer, throw, clear, javelin, triple, bar, shot, failure, discus, jump

Activity

Choose the correct answer to each of the following questions and statements.

- How many field events take place in the area inside the running track?
A. All of them
B. Only the jumping events
C. Only the throwing events
- How many athletics men's field events are there in total?
A. 4
B. 8
C. 16
- How many events made up the Victor Ludorum in the Ancient Olympics?
A. 3
B. 5
C. 8
- How many events in the pentathlon at the Ancient Olympics were not field events?
A. 2
B. 3
C. 5
- How many famous throwers are mentioned?
A. None
B. 1
C. 4

Lesson No. 10



failure? That doesn't sound very successful!

But it was, and is! He won the gold medal in Mexico

City in 1968. Since then it's the style that all jumpers use. Yes! Some of the biggest stars in Olympic history have been field athletes. Jesse Owens and Carl Lewis were both long jumpers, for example.

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Anyone else?

How about Sergei Bubka – the greatest pole vaulter of all time? He broke the world record 35 times!

Speaking of pole vaulting, I know a joke. Two athletes meet in the Olympic village. 'Are you a pole vaulter?' one asks. 'No, I'm German, but how did

Answers

Activity

1. A; 2. B; 3. B; 4. A; 5. A

you know that my name was Walter?

INZERCE



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