*NAME OF SPORT*

Yeji Park

P.6 M

HISTORY

Also Known As: There are names of events within track and field

Origin of Name: The name of Track and Field comes from the field that we play track and field

Invented/Created by: The name of the person who created track and field from the 776BC in the Greek Olympic. Then in the 19 century track and field is a sport in schools, military, and clubs before going into the Olympics( Olympics wasn’t held in this time)

ORGANIZATION

Highest International Body: International Association of Athletics Federation (IAAF)

United States Body :USA Track and Field (USATF)

USA Pro Level Association: Track and Field Athletes Association (TFAA)

Local Organizations: California BluJays(Los Angeles), Eastside Pride Sports Club(Los Angeles)

College that offers Sport: CSUN (Both men and women), UC Berkeley(Both men and women), University of Phoenix

BASICS

Objective: to run faster, jump higher, Jump further, or even throw further than you’re your opponent. Track and field has many events within it so there are many objectives that differ. For example for long Jump is to jump the furthest. And for Shot plot is to throw the furthest, or for the relays is to run fast give the baton to the next team member and finish faster that your opponent team.

5 basic rules: 1. 11 spikes may be used in a shoe

2. The player must start after “on your mark” and “set” and before the firing of the standing device.

3.For field all measurements must be measured right after.

4. For throwing events (except Javelin) all players must start at a stationary position inside the circle.

5. The direction of running is always counter- clockwise

Number of Players: Mostly every event is individtqwual. Relay: Maximum of 6 players in each team

Scoring System: Scoring systems can differ on the size of the meet or where you are from.

1st place: 8points

2nd place: 7points

3rd place: 6points

4th place: 5points

5th place: 4points

6th place: 3points

7th place: 3points

8th place: 1point

or

1st place: 10points

2nd place: 8points

3rd place: 6points

4th place: 5points

5th place: 4points

6th place: 3points

7th place: 3points

8th place: 1point

Surface/Court/Field of Play Description: The field of track and field has many components. The first component is the track. It is 400 meters around and two start lines. A track will typically have 8 lanes. Each lane is about 1.22m wide. Next is the jumps. For triple jump and long jump mostly share that same sand pit but the take off board position is different. The run up track is about 40m, 20cm long for the takeoff board, and about 9m long for the sand. Then, the high jump component with a semicircle runway that has a radius of 20m. Then the pole vault section. Where the events Discus, Hammer Throw, Shot Put ,and Javelin is played. Then lastly the Hurdles and Steeplechase.

Pictures (equipment, player, field of play):

   