

TRIPLE JUMP



LONG JUMP

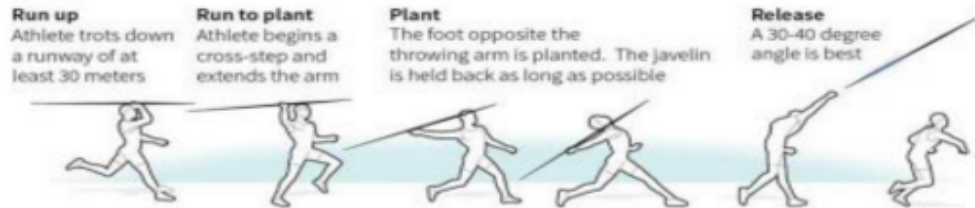


HIGH JUMP

A raw test of human athleticism



JAVELIN



Run up
Athlete trots down a runway of at least 30 meters

Run to plant
Athlete begins a cross-step and extends the arm

Plant
The foot opposite the throwing arm is planted. The javelin is held back as long as possible

Release
A 30-40 degree angle is best

DISCUS



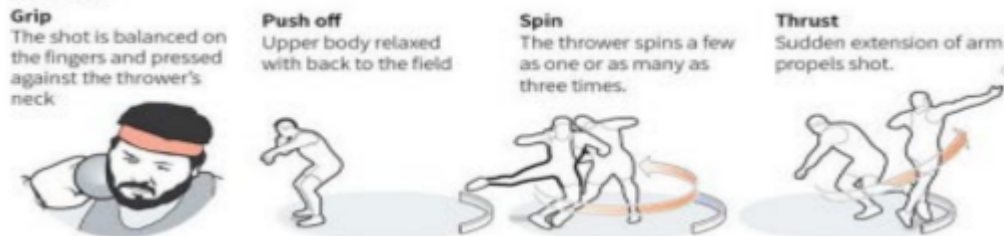
Swing
Athlete swings discus back and forth

Spin
One-and-a-half-turn rotation. Thrower pushes off the opposite leg

Drive
Athlete's body and arms catch up with the legs in a twisting motion

Release
Thrower straightens body, releasing the discus as the arm whips around

SHOT PUT



Grip
The shot is balanced on the fingers and pressed against the thrower's neck

Push off
Upper body relaxed with back to the field

Spin
The thrower spins a few as one or as many as three times.

Thrust
Sudden extension of arm propels shot.



RELAYS

4 x 100m, 4 x 400m

Teams of four athletes, who must carry the baton, one after another.

STEP BY STEP TECHNIQUE:

1. INCOMING RUNNER SHOUTS HAND!
2. OUTGOING RUNNER HOLDS OUT THEIR RIGHT HAND, PALM FACING UPWARDS IN A V SHAPE
3. INCOMING RUNNER PLACES THE BATON DOWN INTO THE PALM OF THE OUTGOING RUNNER.
4. OUTGOING RUNNER GRASPS THE BATON AND ACCELERATES AWAY

Starting blocks



SPRINTS

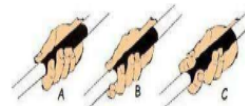
100m, 200m, 400m, 800m, 1,500m, 3,000m (W) 5,000m (M) 10,000m (M)

Endurance Events (800m/1500m):

Don't sprint the entire race. You need to pace, so that you don't get too tired too quickly, but can sprint at the end of the race to get a quicker time or better place.

Pull throw

This throw utilizes a pulling motion with the arm to generate power and throw the object over the shoulder. It's commonly used for throwing objects for distance, like javelin throws in athletics.



Fling throw

This throw involves a whipping or rotational motion of the arm and body to propel the object. It's often used for throwing objects in a quick, underhand motion, like dodgeball throws



Push throw

This throw involves a pushing motion with the arm to propel the object forward. It's typically used for throws where maximizing distance isn't the main goal, such as shot put practice in this scheme.

