

Lesson number one : athletics

Athletics is a group of sporting events that involves competitive running, jumping, throwing, and walking. The most common types of athletics competitions are track and field, road running, cross country running, and race walking.

The results of racing events are decided by finishing position (or time, where measured), while the jumps and throws are won by the athlete that achieves the highest or furthest measurement from a series of attempts. The simplicity of the competitions, and the lack of a need for expensive equipment, makes athletics one of the most common types of sports in the world. Athletics is mostly an individual sport, with the exception of relay races and competitions which combine athletes' performances for a team score, such as cross country.

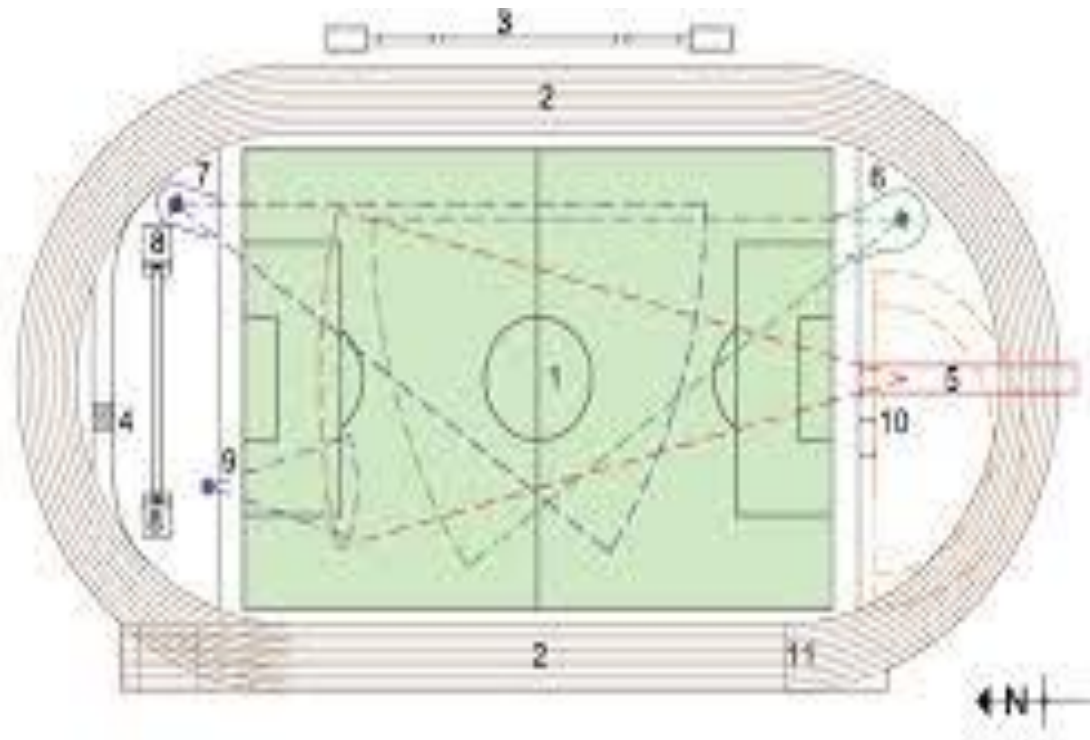
Organized athletics are traced back to the Ancient Olympic Games from 776 BC. The rules and format of the modern events in athletics were defined in Western Europe and North America in the 19th and early 20th century, and were then spread to other parts of the world. Most modern top level meetings are held under the auspices of World Athletics, the global governing body for the sport of athletics, or its member continental and national federations.

1- Competition req and competitors :

1-1- Competition area :

A professional athletics stadium must provide competitors with :

- A 400 m synthetic rubber running track.
- A long triple jump running and pit .
- A shot put circle.
- All pole vault equipment.



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| 1 Football pitch | 7 Discus Throw facility |
| 2 Standard Track | 8 Pole Vault facility |
| 3 Long and Triple Jump facility | 9 Shot Put facility |
| 4 Water jump | 10 High Jump facility |
| 5 Javelin Throw facility | 11 Finish line |
| 6 Clause and Hammer Throw facility | |

1-2 competitors :

The running events include sprints , middle and long – distanse events and hurding.

Jumping events include the long jump , high jump , triple jump and pole vault , while the throwing events include the discus throw , hammer throw , javlin throw and shot put.