On the previous lesson, you gained information about track and field athletics. As you already know, it is a complex sport discipline, and therefore, over the next few lessons, I want to familiarize you with all the events that are part of it.

Slide 1

Track and field running events are competitions that dominate athletic competitions.

Slide 2

Track and field running events are divided based on distance:

- Sprinting events (short)
- Middle-distance events
- Long-distance events
- Hurdles events
- Relay races

Slide 3-4

People have always enjoyed racing. They wanted to know who was the strongest and fastest. In ancient Greece, sprinting was part of the pentathlon and covered a distance of 400 meters (one lap of the stadium).

Sprinting, or running short distances (60m, 100m, 200m, 400m, 4x100m and 4x400m relays), as well as hurdle races: 60m, 100m, 110m, 400m).

Characteristics of these distances include the low start of the athlete, from starting blocks. The start is signaled by the referee's signal (shot). Each athlete runs their own lane, which was assigned to them through a draw or qualification in elimination races. Crossing the finish line with the chest determines victory.

Sprinters (short-distance runners) exert a lot of force in their race, emphasizing speed over endurance. Sometimes victory is decided by hundredths of a second. An important element of short races is the start, which can give the athlete a better position at the finish line.

Slide 5-9

On your marks... get set... go..., some technical matters.

The first athlete to start from a low position was Charles Sherrill. He made history by using this technique in 1887. Following his example, during the Athens Olympic Games, American athlete Thomas Burke, participating in the 100-meter dash (12.00 sec.), was the only one to start this way.

To be able to start from a low position, the starting blocks must be set up properly first. It is assumed that the front foot support should be 2 feet away from the starting line, and the rear foot support 1 foot further. Then, when the blocks are set, the referee gives the athletes the following commands. "Set": The athlete assumes a kneeling position supported by one leg on the starting block, resting their feet against the block walls, and the hands (thumb and clearly spread index finger, to which the

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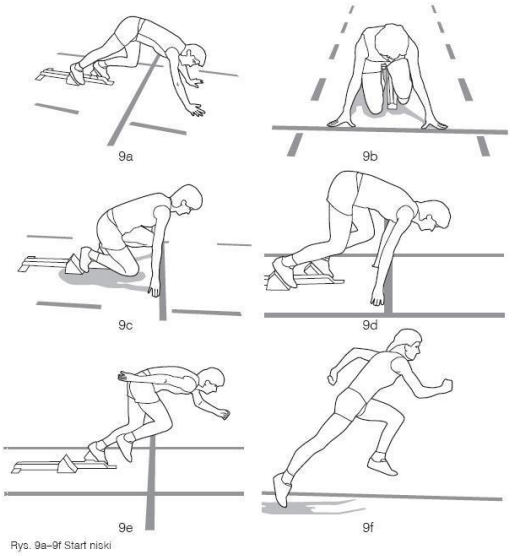
remaining fingers are pressed) are positioned in front of the starting line at shoulder width. The arms are straight at the elbow joints, and the head is freely lowered downward. This position, thanks to the proper distribution of body weight, allows the muscles to relax.

"Ready": The athlete slowly raises their hips slightly above shoulder level, shifting the entire body weight to the arms. The front knee is set at an angle of at least 90 degrees, and the rear knee above 110 degrees.

"Go": The athlete vigorously pushes off with their hands from the track, moving the shoulders forward and upward. At the same time, they push off with both feet from the starting block. The leading leg is strongly moved forward, and the alternating extensive arm movement supports leg work. During the execution of the low start, it can be observed that the athlete takes the first few steps with the torso strongly inclined forward, lifting the feet low above the ground. Only later in the race does the athlete begin to straighten their silhouette and take increasingly extensive steps, supported by strong arm movement.

https://youtu.be/F-pXTDyuroY



Rys. 9a–9f Start niski

Returning to the races... ☺

Slide 10

Middle-distance races combine speed and endurance. Unlike sprinters, middle-distance runners must undoubtedly combine these two skills. In middle-distance races, we distinguish between 2 types of races:

- Races at non-Olympic distances, such as 600 m, 1000 m, 2000 m, 1 mile
- Races at Olympic distances, such as 800 m, 1500 m. Athletes participating in these events must start well to ensure a good position early in the race and distribute their energy properly so that they have enough for a potential sprint for victory in the final meters.

Slide 11

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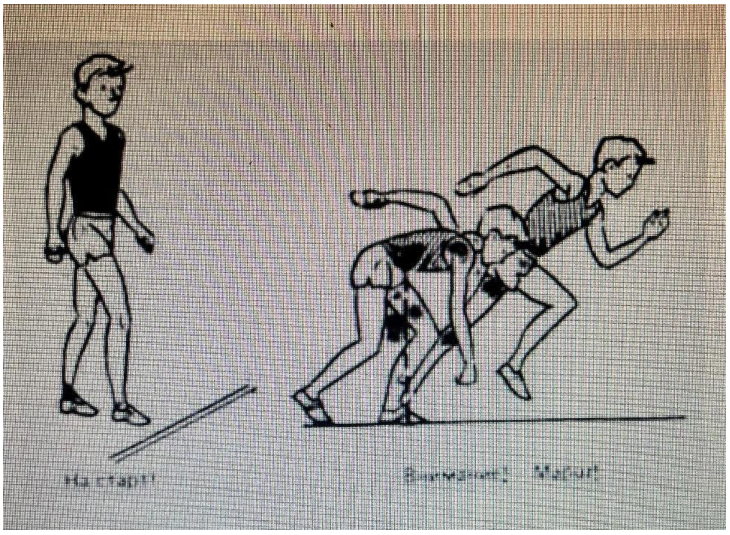
During the 800 m race (two laps of the track), athletes start without starting blocks (standing position). They run on designated lanes for the first 100 m, after which they can move to the inner lane. In the 1500 m race, athletes start from a line, without designated lanes. Immediately after the start, they have the opportunity to move to the inner edge. The 800 m and 1500 m races for men have been held since the first Olympic Games in Athens, while women have been competing in these events since 1960 for 800 m and since 1972 for 1500 m.

Slide 12

Standing Start

Starting from a standing position, the athlete does not use starting blocks. Upon the command "on your marks," the runner positions themselves on the starting line. The body weight is shifted forward (lead leg). Then, the starter's signal indicates the start of the race, and the athlete moves decisively from the starting line.



Slide 13

Long-distance Races In long-distance events, proper energy distribution is crucial. Athletes should not strive to take the lead at any cost right from the beginning of the race. In long-distance races, we distinguish the following races:

- 3000 m race
- 3000 m steeplechase
- 5000 m race
- 10,000 m race
- Half marathon
- Marathon

Slides 14-15

The 3000 m race is most commonly held at indoor sporting events or lower-level competitions (e.g., meetings), as it serves as a test before longer distances.

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The 3000 m steeplechase is a competition in which athletes must, in addition to running 7.5 laps of the track, overcome 5 obstacles on each lap: 4 hurdles at a height of 91.4 cm for men and 76.2 cm for women, and 1 water jump preceded by a hurdle.

During the 5000 m race, athletes have to complete 25 laps in indoor competitions and 12.5 laps in stadium races, where this distance is rarely organized. This event has been contested for men since the Stockholm Olympics (1912), and for women since the Atlanta Olympics (1996). Women previously competed in the 3000 m distance at earlier Olympics.

The 10,000 m race consists of a staggering 25 laps of the stadium track. Men have been competing in this distance every 4 years since the Stockholm Olympics, while women have only competed in this event since 1988.

Slide 16

Marathon and Half Marathon

Both the marathon and half marathon are road races usually held without gender or skill level divisions. To complete these events, athletes must cover 42 km and 195 m (marathon) or 21 km and 97.5 m (half marathon).

These are distances for which athletes must be properly prepared both physically and in terms of endurance. Although road races have gained popularity in recent years, doctors warn that while any healthy person can complete either distance, the consequences of undertaking such an effort without adequate preparation can have effects felt for many years to come.

Slides 17-19

Racewalking

Although racewalking is not running, it's hard not to mention it when describing running events.

Racewalking is a competition involving walking, during which the athlete must maintain continuous contact with the ground (one foot must always touch the ground). This technique prevents the athlete from transitioning from walking to running. Violating this rule three times results in the athlete's disqualification from the competition.

hort-distance racewalking events are held in stadiums, while long-distance events, similar to the marathon, are held on city streets. Men typically compete in distances of:

- 5000 m (indoor)
- 20 km
- 50 km Women compete in distances of:
- 3000 m (indoor)
- 5000 m
- 10,000 m
- 20,000 m One of the greatest racewalkers of all time was the Pole - Robert Korzeniowski, who specialized in the 50 km racewalking event.

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Slides 20-21

Hurdle Races

In hurdle races, athletes must demonstrate not only speed and endurance but also balance. During sprint hurdle races, they must clear hurdles placed throughout the length of the race and run fast enough to outpace their competitors. Through numerous training sessions, athletes acquire the skill of maintaining a specific number of steps between hurdles. This allows them to always attack the hurdle with the same leg. Hurdle races have been contested at the Olympic Games since 1896 (110 m hurdles), 1900 (men's 400 m hurdles), 1932 (80 m, later 100 m hurdles for women), and 1985 (women's 400 m hurdles). It should be noted that hurdle races were not part of the ancient Olympics but were introduced for modern sports events.

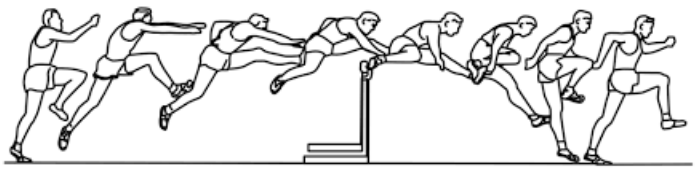
Athletes compete in the following distances:

- 60 m hurdles indoors
- 100 m hurdles (women's distance)
- 110 m hurdles (men's distance)
- 400 m hurdles

Slide 22-23

Hurdle race is a segment of the race that occurs between the planting of the take-off leg (trail leg) in front of the hurdle and the planting of the lead leg behind the hurdle. The process of clearing the hurdle can be divided into several phases:

- Preparation for take-off
- Take-off (also known as "hitting the hurdle")
- Extension phase
- Hurdle clearance phase
- Preparation for landing
- Landing (including preparation - known as "coming off the hurdle") The athlete's body must be positioned in such a way as to minimize speed loss (strong forward lean, extension of the lead arm, and strong bending of the trail leg at the knee).



Slide 24-26

Relay

Although athletics is an individual sport, there is one competition where medals are won collectively as a team.

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The relay is a race in which 4 athletes pass a baton to each other within a designated zone during the race. Crossing this zone or dropping the baton results in disqualification of the team.

Athletes compete in the 4x100m and 4x400m relay races. During the 4x100m relay, each athlete runs in their assigned lane, while in the 4x400m relay, only the first exchange runs in their lane, the second can move to the inner lane after 100m, and subsequent exchanges can also use the inner lane.

VIDEO https://youtu.be/Cu3BfL9UTNk

Slide 27-28

Fun Facts

1. During the 3000m race, athletes actually cover a lap of 390m instead of 400m. This is because the water jump is placed on the inside of the track.
2. The name "Marathon" comes from the Greek town of Marathon. It was there in 490 B.C. that the Greeks defeated the Persians. A soldier was tasked with delivering the joyful news to Athens, about 40km away. He covered the distance by running, and upon arriving, just before dying of exhaustion, he exclaimed, "Rejoice! We have won!"
3. Usain Bolt has been hailed as the fastest man on earth, winning 8 Olympic gold medals, 11 gold medals at the World Championships, and setting 3 world records. During his record-breaking 100m sprint, his speed from 60 to 80m reached an astonishing 44.72 km/h.
4. "The Hour Run" is a competition in which Haile Gebrselassie covered a record distance of 21,285m.
5. In a "24-hour run," Greek athlete Yiannis Kouros covered 303,506m.
6. One step during running engages about 200 muscles.
7. Scientists have calculated that a human could win a marathon race against a cheetah, horse, and wildebeest. Usain Bolt would beat a zebra in a 100m sprint, as the zebra would cover the distance in 9.95 seconds, while Bolt would do it in 9.58 seconds.

Slide 29

Running, a sport for everyone.

As you have probably noticed, running is divided into various competitions in many ways. Both adults and children can find something for themselves in this field. You don't have to run professionally right away, but just regularly attend running training, exercising endurance, speed, and agility. However, remember that while you can run anywhere, it's worth choosing appropriate footwear that provides good stability and cushioning.

Slide 30

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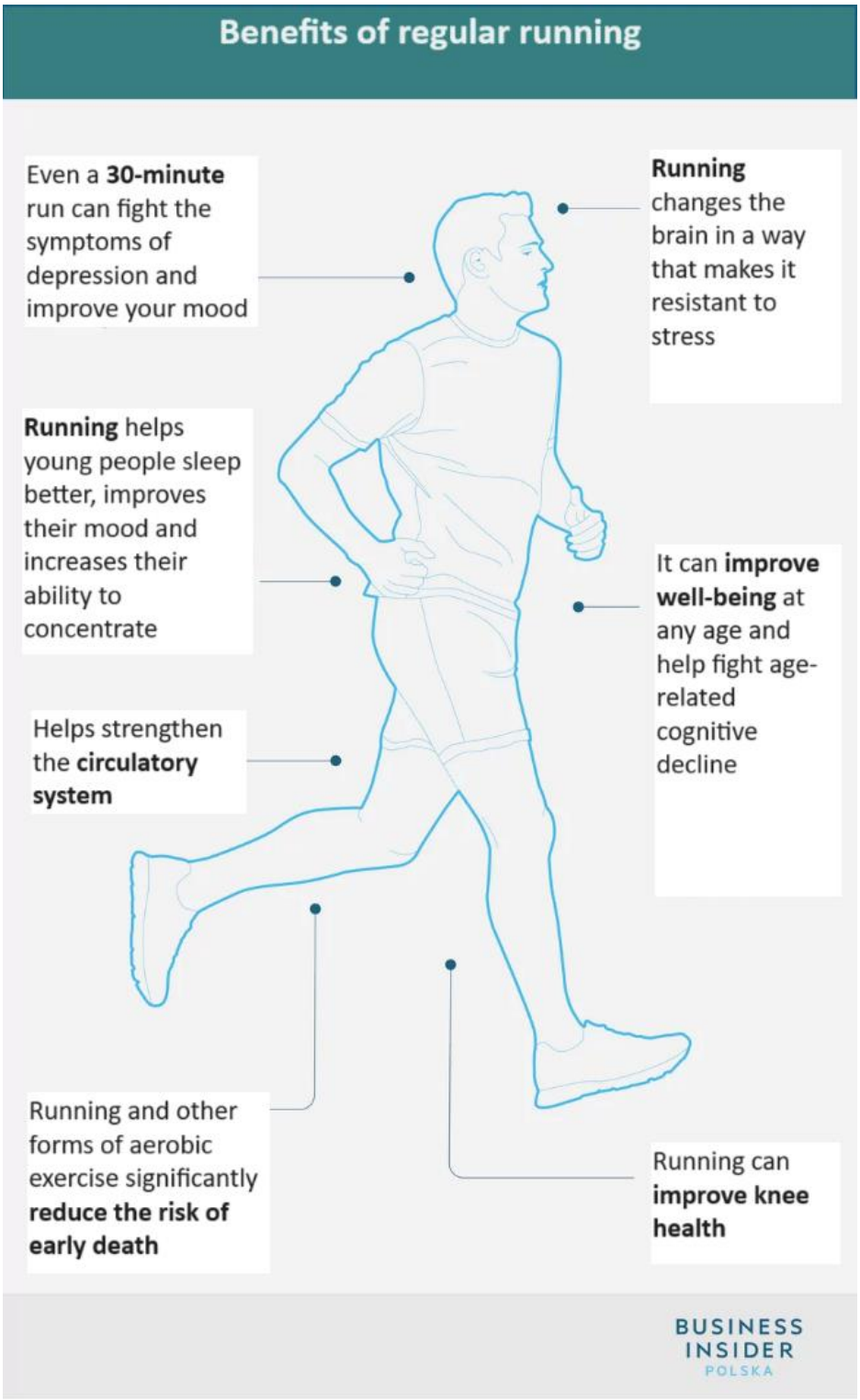

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oprac. Mariusz Olszewski / Business Insider Polska

Slide 31

Task

1. Try to analyze the successive phases of the low start. Now it's your turn. Even if you don't have starting blocks, try to perform 3 starts from this position.

2. Which distance do you like the most and why? Would you like to train it professionally or recreationally? Justify your answer.

Test

Name the track and field running events. (Sprint races (short), middle-distance races, long-distance races, hurdles races, relays)

1. What is the shortest and longest track and field race? (Shortest: 60m, Longest: 42.195km - marathon)
2. How does the low start differ from the standing start? (The low start involves starting from starting blocks, while the standing start is without blocks, starting from a line)
3. How many events are included in the long-distance races? (6 - 3000m, 3000m steeplechase, 5000m, 10000m, half-marathon, marathon)
4. What obstacles does an athlete overcome in the 3000m steeplechase? (Four hurdles and one water jump preceded by a hurdle)
5. List the phases of clearing a hurdle in hurdles races. (Preparation for takeoff, takeoff, stretching phase, hurdle sit phase, preparation for landing, landing)
6. Which track and field events are classified as team events? (Relays)
7. What disqualifies a team during relay races? (Crossing the zone or dropping the baton)
8. Who is the fastest man in the world and how fast can he run? (Usain Bolt, 44.72 km/h)
9. Name a Polish Olympian in racewalking. (Robert Korzeniowski)

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