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**FOREIGN LANGUAGE & SPORT TERMINOLOGY**  
**ME0153**

## What is the meaning of the Track & Field?

**Track and field** is an individual sport which includes 30 athletic contests on the skills of running, jumping, and throwing. Its name comes from the sport's typical venue: a stadium with an oval running **track** enclosing a grass **field** where the throwing and the jumping events take place.

## What country and who invented the sport Track & Field?

The first recorded organized track and field events are the Ancient Olympic Games. At the first Games (776 BC) in Olympia, only one event - the stadion footrace - was contested where **Koroibos**, a cook from the nearby city of Elis, **won** the stadium race, a foot race 600 feet long

# TRACK & FIELD HISTORY 1





# TRACK & FIELD HISTORY 2



What is the meaning of the word athlete and stadium?

**Athlete** comes from the Greek word «άθλος» = ανταγωνισμός και το stadium από το αρχαίο στάδιο (μονάδα μέτρησης).

What are the Track events?

Running events include: **sprints** (αγώνες ταχύτητας) (100m, 200m, 400m), **middle distance** (800m, 1500m), **long distance** [3000m Steeplechase (δρόμος μετ'εμποδίων), 5000m, 10,000m), **hurdles** (εμπόδια) (110/100m, 400m), **relays** (σκυταλοδρομίες) (4x100m, 4x400m), **race walking** (βάδην), **marathon** (42.195m), **heptathlon**, **decathlon**.

What are the Field events?

Regular **jumping** events include **long jump** (άλμα εις μήκος), **triple jump** (τριπλούν), **high jump** (άλμα εις ύψος) and **pole vault** (άλμα επί κοντώ), while the most common **throwing** events are **shot put** (σφαιροβολία), **javelin** (ακόντιο), **discus** (δίσκος) and **hammer** (σφυροβολία)

# TRACK & FIELD



## What are the track and field rules?

The rules are set by the Competition Rules of the International Association of Athletic Federations (Διεθνής Ένωση Αθλητικών Ομοσπονδιών) (IAAF). The track rules regard starting, running, finishing. In field rules, each attempt is measured to determine who achieved the greatest distance (under theoretically the same conditions).

## What events are included in triathlon, pentathlon, heptathlon and decathlon?

The triathlon includes 3 events (swimming, cycling, running), the pentathlon constitutes 5 events [shooting (σκοποβολή), swimming, fencing (ξιφασκία), equestrian (σχετικός με ιππασία), cross-country running (ανώμαλος δρόμος)], the heptathlon consists of 7 events (200m, 100m hurdles, high jump, shot put, long jump, javelin and finally the 800m) and the decathlon is made up of 10 events (100m, 400m, 110m hurdles, long jump, shot put, high jump, discus, javelin, pole vault, and finally the 1500m).



# TRACK & FIELD



## What are the characteristics of a stadium?

A stadium should have 400m. track divided into 6 or 8 lanes with areas for jumping and throwing events and water jump (steeplechase).

## What is a modern track made of?

It is made of synthetic rubber (συνθετικό λάστιχο) and polyurethane (πολυουρεθάνη)

## How are races timed?

Races up to 10m. are timed in hundredths of seconds (εκατοστά του δευτερολέπτου) and longer races to the tenth of a second (δέκατα του δευτερολέπτου) or even to the second (δευτερόλεπτο).

# TRACK & FIELD

## 100-200M



**100m**: It was first run at the first Olympics of the modern era, in Athens in 1896.

The 8 runners with the best times in the heats (προημιτελικά) run in the final with the fastest ones in the centre lanes.

**Tip**: A quick reaction time (γρήγορη εκκίνηση) is **not** an absolute requirement for setting a record (καταγραφή ρεκόρ).

**200m**: It is classified as a long sprint. The event was included in the men's track & field programme at the Olympics in Paris in 1900 and for the women's in London in 1948.

**Tip**: The second 100m is run faster than the first because the runner does not have to overcome the inertia (αδράνεια) of the start.



# TRACK & FIELD

## 400-800M



400m: It was included in the first modern Olympics in 1896. The women's 400m race made its debut at the Olympics in Tokyo in 1964.

Athlete's profile: very strong, a high pain threshold as it is impossible to run at maximum speed >7sec.

800m: It was first run at the Amsterdam Olympics in 1928 but officially included at the Rome Olympics in 1960.

# TRACK & FIELD

## 1,500-3,000M



**1,500m**: It is the metric equivalent of the mile (1,609m). Men have competed at the Athens Olympics in 1896 while women's has been an Olympic event in 1972.

**Athlete's profile** (800-1,500m): to develop endurance (αντοχή) and aerobic power (energy), to train on the changes of pace (αλλαγές ταχύτητας).

**3,000m steeplechase**: Steeplechases 2,500-4,000m were featured at the Olympics in Paris in 1900.

The race includes a total of 28 efforts over hurdles and 7 efforts through water jumps.



## A

1. Equivalent
2. Include
3. Hurdle
4. Effort
5. Threshold
6. Officially
7. Era
8. Heats
9. Reaction time
10. Overcome
11. Inertia
12. Steeplechase

## B

- a. Lack of activity
- b. Similar
- c. Defeat, win
- d. Time to respond
- e. Race division
- f. Time period
- g. Beginning
- h. Formally
- i. Attempt
- j. Contain
- k. Obstacle
- l. Footrace with obstacles

**SYNONYMS (100-200-400-800-1,500-3,000M)**

# TRACK & FIELD MARATHON



It is considered to be the **ultimate endurance test** (το υπέρτατο τεστ αντοχής). To commemorate the Athenian soldier Philippides' feat (he died of exhaustion after running 40Km from Marathon to Athens with the news of the Greek victory over the Persians), a **40Km race** was included in modern Olympics in Athens in 1896. In 1984, the first Olympic women's marathon was run in Los Angeles.

More than **30,000 racers**, men and women, amateur runners (ερασιτέχνες/άπειροι) and elite runners all run together; the **same rules** apply to everyone.

Athlete's profile: a light skeleton and a strong heart

A special diet before the competition is followed, reducing the consumption of carbohydrates while increasing it 3 days before the race, because the muscles cannot store enough energy reserves to run at great speed for the full distance.

In hot weather, runners **lose up to 3 litres of water** per hour through sweating (the body can absorb only 1 litre per hour).



# RACE WALKING ΒΑΔΗΝ



It is about a **very difficult technique**, which the athlete uses to move forward as quickly as possible without running.

Races can take place on a track or road.

Judges observe the athletes very closely, if they have to be disqualified (αποκλειστεί).

Athlete's profile: light and slender (αδύνατος)

## A

1. Ultimate
2. Commemorate
3. Victory
4. Endurance
5. Absorb
6. Exhaustion
7. Disqualified
8. Consumption
9. Carbohydrate

## B

- a. Fatigue
- b. Stamina
- c. Remember, honour
- d. Reject
- e. Retain, soak up
- f. Use
- g. Greatest
- h. Triumph
- i. Organic compound

# SYNONYMS (MARATHON-RACE WALKING)



## ARE THESE SENTENCES TRUE OR FALSE?

1. Track and Field is an individual sport with 30 different events.
2. The first Ancient Olympics were held in Athens.
3. The Track events include both sprints and long distances.
4. The Field events include throwing, jumping and running.
5. A quick start can lead to a record.
6. In 200m race, the athlete has to run really quickly in the first 100m.
7. The triathlon consists of running, cycling, cross-country running.
8. A stadium must have a 400m track divided into 7 lanes.
9. All races are timed in hundredths of seconds.
10. Marathon is the ultimate endurance test.
11. In a race walking, the athlete has to move backward and forward while running.
12. It is almost impossible to be disqualified in a race walking.

# FIELD & TRACK

# TRACK & FIELD

## DISCUS



**The winner is the athlete who throws the discus the farthest.**

The ancient warriors who threw their shields (ασπίδες) to shed (χάνω) weight before crossing a river drew the inspiration of discus. It was part of the pentathlon in the ancient Olympics in 708 BC. Over the centuries, the Celts, Saxons, Scots and English included the event in their traditional competitions. The discipline became part of the track and field championships for men and women in 1983.

Technique: swing (move back and forth), spin - rotate (περιστρέφω), drive (ώθηση, χτύπημα), release (απελευθερώνω).

Competition: athletes have 1.5minutes to make a throw. Each athlete has 3 attempts and the 8 with the best throws then make 3 more attempts.

Judges: At least 2 judges during international competitions. If the attempt is valid they raise a white flag and a red one if it is a foul.



# TRACK & FIELD HEPTATHLON & DECATHLON



- The Greeks organized the first mixed events in 708 BC in order to find the best athletes. The 1<sup>st</sup> Olympic pentathlon included the long jump, stadium race, discus, javelin and wrestling. In the Olympics in Stockholm in 1912, today's decathlon was born (10 events in 2 days). The heptathlon, which is the women's equivalent of the decathlon, has been part of the Olympics in Los Angeles in 1984.
- A day of competition takes about 8 to 10 hours. A heptathlete can accumulate (συγκεντρώνω) a maximum of 9,971 points and a decathlete 13,471 points.

## HEPTATHLON

### Day 1

100 m hurdles  
High jump  
Shot put  
200 m

### Day 2

Long jump  
Javelin  
800 m

## DECATHLON

### Day 1

100 m  
Long jump  
Shot put  
High jump  
400 m

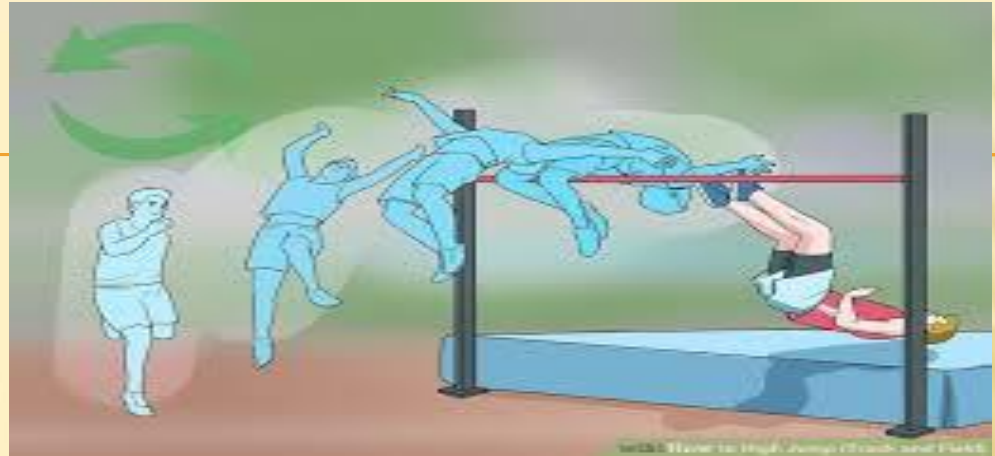
### Day 2

100 m hurdles  
Discus  
Pole vault  
Javelin  
1,500 m

# HEPTATHLON & DECATHLON THE EVENTS



# TRACK & FIELD HIGH JUMP



- ❑ The high jump rules were written in 1865, it became part of the Olympics in 1896 in Athens. Women competed in the Olympics in Amsterdam in 1928.
- ❑ It consists of clearing a horizontal bar without knocking it down just with the strength of the athlete's body.
- ❑ Officials raise the bar by 5cm at a time and then reduce the difference in height to a minimum of 2cm. The minimum qualifying height must be jumped successfully in a maximum of 3 attempts. Athletes have 1.5 minutes for each attempt. The jump must be made off one foot only. An athlete is eliminated after 3 successive failures.
- ❑ Its technique consist of: start (about 12m running), approach (about 7 long strides=μεγάλα βήματα), link before approach and take off, take off (απογειώνομαι), drive (ώθηση), arch (καμπύλη), landing.
- ❑ Its training also includes trampoline jumping in order to control fear of falling.

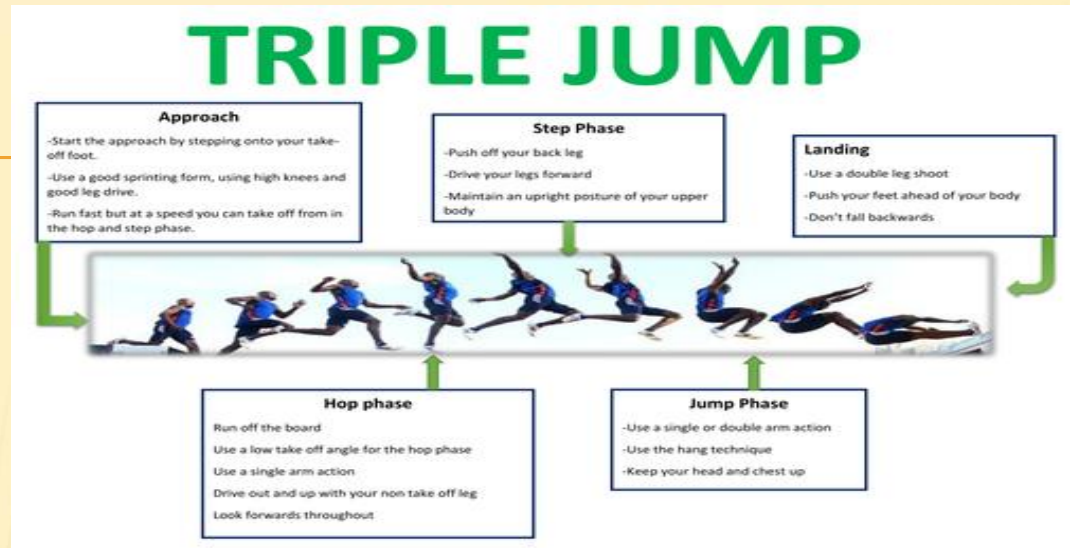
# TRACK & FIELD LONG JUMP



- ❖ It consists of covering the greatest distance by making an energetic jump at the end of a high speed sprint. It has been an Olympic event since the first modern Games in Athens in 1896. The women's long jump has been part of the Olympics in London in 1948.
- ❖ The athlete makes 3 jumps in an order determined by a draw. They have 1.5 minutes to make each jump. The longest jump wins.
- ❖ Its technique consists of: approach, link between approach and take off, take off, flight, landing
- ❖ 2 judges record all attempts. A judge raises a white flag for a successful jump and a red one for a foul (if the athlete places his foot beyond (πέρα από) or beside (δίπλα) the takeoff board (a band of plasticine is placed after the takeoff board to check that the jumper did not leave a mark on it), steps back in the landing area after the jump or somersaults (κάνω τούμπα) during the jump.



# TRACK & FIELD TRIPLE JUMP



- It is a long jump preceded (προηγούμενι) by a hop and a step. It was on the programme at the first modern Olympics in 1896. The first women's triple jump took place at the Olympics in 1996.
- Athletes have 3 attempts. Those with the 8 best jumps go the final, where they are allowed 3 attempts. An attempt is a foul if the athlete begins the attempt after having passed the takeoff board or does not reach the landing area at the end of the attempt.
- The distance covered by each jump is in the following proportions: 37%, 30%, 33%.
- Its technique consists of: approach, hop, step, jump, landing.

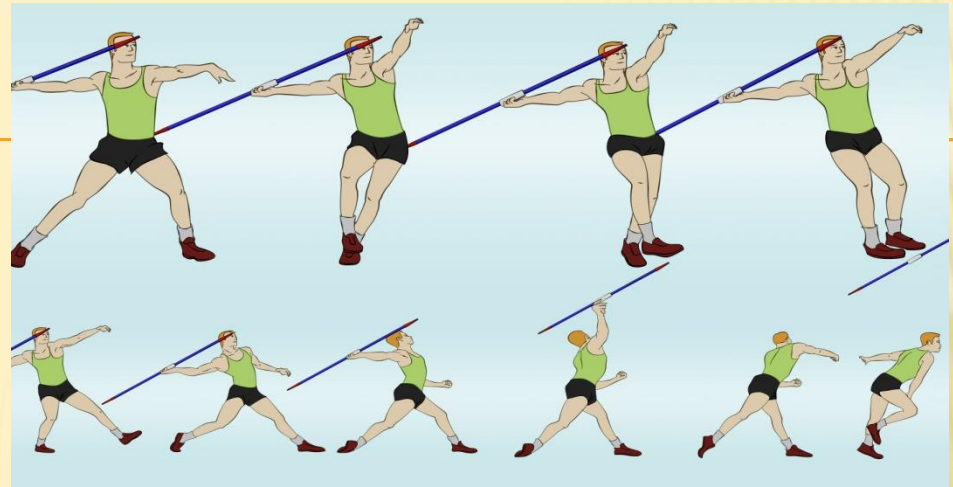
# TRACK & FIELD HURDLES



- Races with obstacles inspired by horse races. The 100 and 110m races are sprints with evenly (ισότιμα) spaced obstacles. The 110m hurdles was part of the first modern Olympics in 1896 and the 400m in Paris in 1900. The 100m women's race was introduced at the Olympics in Munich in 1972. In 1984, the women's 400m hurdle became an official event.
- The 100, 110, 400m hurdles are run in lanes with 10 hurdles to each lane. Runners can touch or knock down any number of hurdle without penalty but are disqualified if they deliberately knock over a hurdle or a place with their leg or foot outside a hurdle.
- Facilities: women's 100m (hurdles of 0.84m height), men's 110m (1.067m), women's 400m (0.762m), men's 400m ( 0.914m)

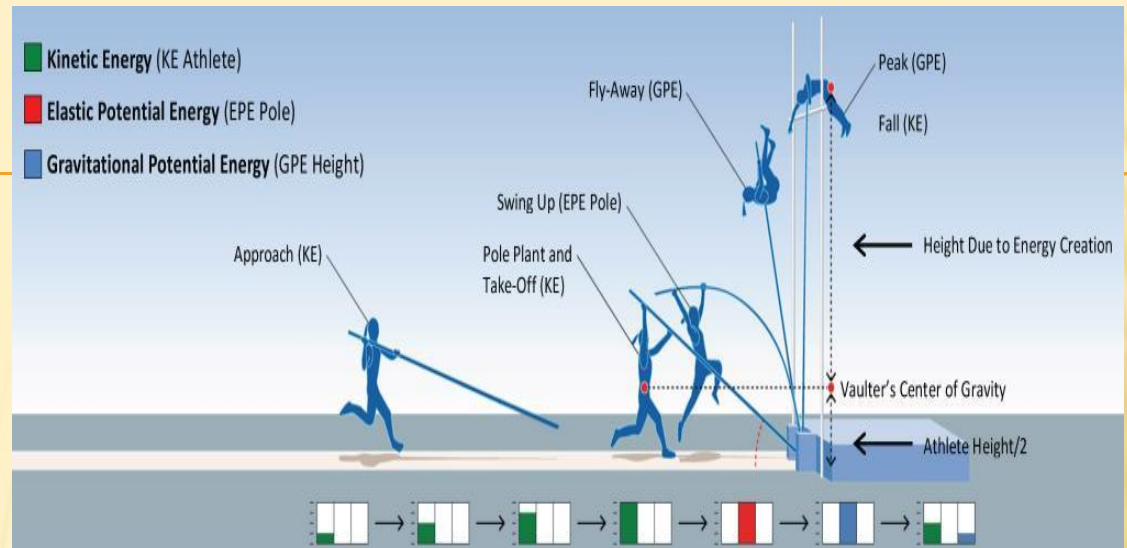


# TRACK & FIELD JAVELIN



- ❑ Athletes throw the javelin as far as possible. It was used originally in hunting and wars. It made its Olympic debut in England in 1906 and the women's javelin was introduced at the Olympics in Los Angeles in 1932.
- ❑ If there are 8 or fewer athletes, each gets 6 attempts. If there are more, each athlete throws the javelin 3 times and the 8 with the longest throws make 3 more attempts.
- ❑ A throw is valid when the javelin touches the ground with the tip first whether or not sticks in the ground. Athletes are disqualified if they take more than 1.5 minutes to complete their attempt or leave the throwing area before the javelin lands.
- ❑ Its technique: javelin grips (λαβές), start, run-up (10-12 strides), run to plant (τοποθετώ κατάλληλα), plant, release.

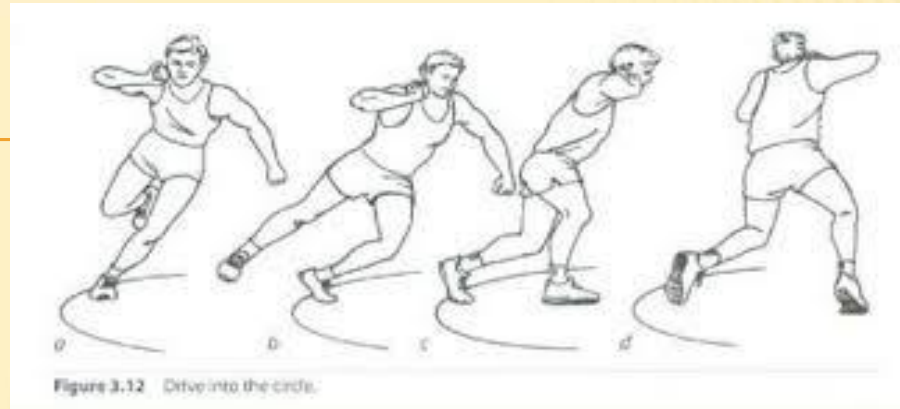
# TRACK & FIELD POLE VAULT



- It involves using a flexible pole to clear a bar set as high as possible. Its origins go back to antiquity. Women's competition became an Olympic event in Sydney in 2000.
- Event organizers decide on and announce the initial height of the bar, increasing it in each round. The order of competition is decided by draw.
- Athletes are eliminated after 3 consecutive attempts at any height (except in the case of a tie for first place).
- Athletes generally bring 3 poles to competitions in case one or two break.



# TRACK & FIELD SHOT PUT



- It is descended from throwing a heavy stone, a war technique used in antiquity. Later on, cast iron balls replaced the stones. The men's shot put was an event at the Olympics in Athens in 1896 and the women's at the Olympics in London in 1948. The shot is made of bronze, copper (χαλκός) or other metal.
- To qualify, athletes make 3 throws. Those who have made the best 8 throws make 3 more attempts. When the competition has 8 athletes or fewer, they are allowed 6 throws each.
- An throw is a foul, if it is out of the landing area, if the athlete leaves the throwing circle before the shot lands or if the athlete's foot touches the top of the stopboard.
- O'Brien Technique: gripping the shot (κρατώ γερά την σφαίρα), starting position, crouch (μαζεύομαι, «κουλουριάζομαι»), shift (μετακινώ, αλλάζω θέση), thrust (ωθώ, σπρώχνω)
- Baryshnikov Technique: push-off, spin, thrust



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Reference book:

Kontopodis, P.(2002) *English for sports purposes with exercises. Athens: Kontopodis*

**THANK YOU FOR YOUR ATTENTION**