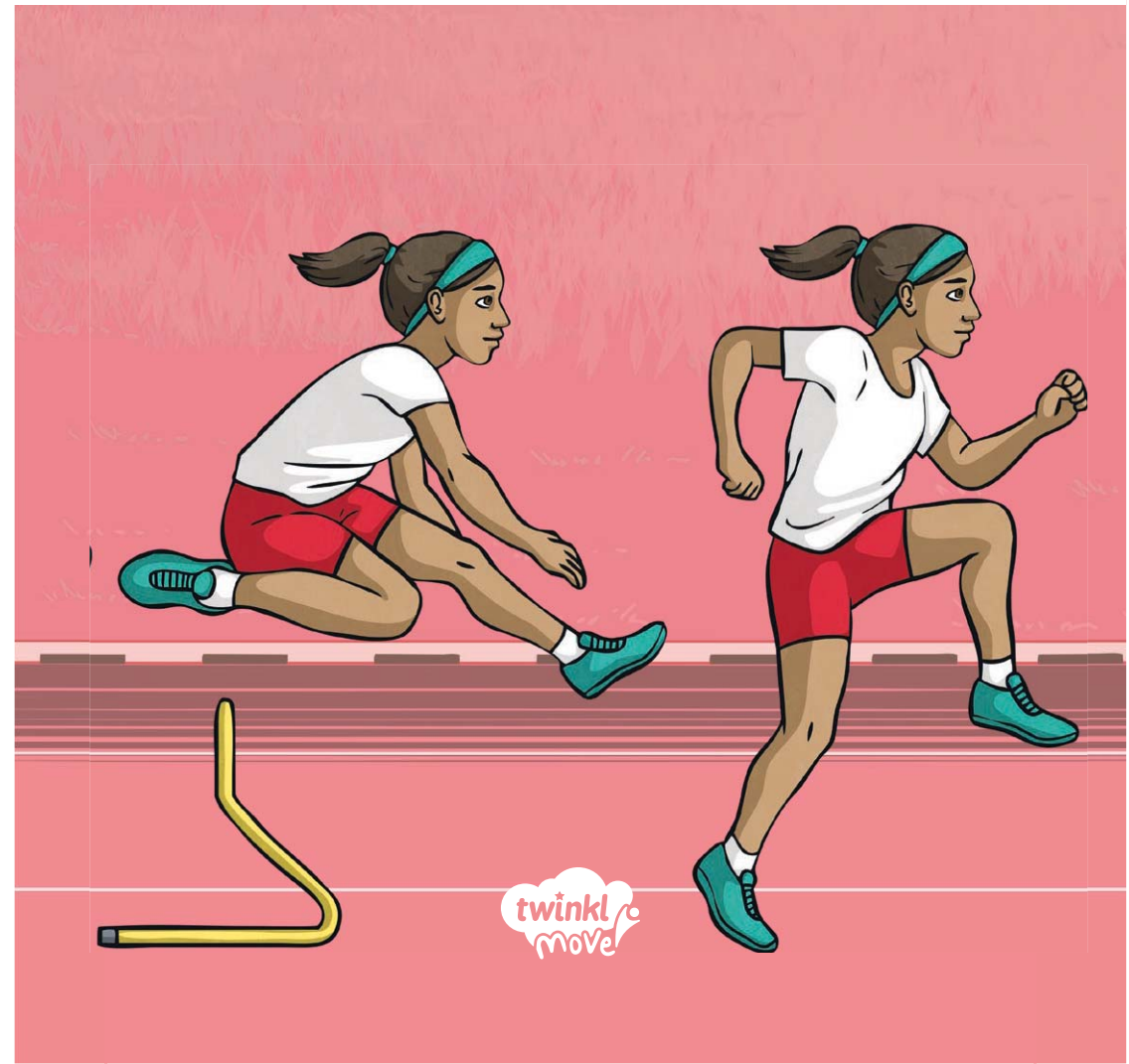
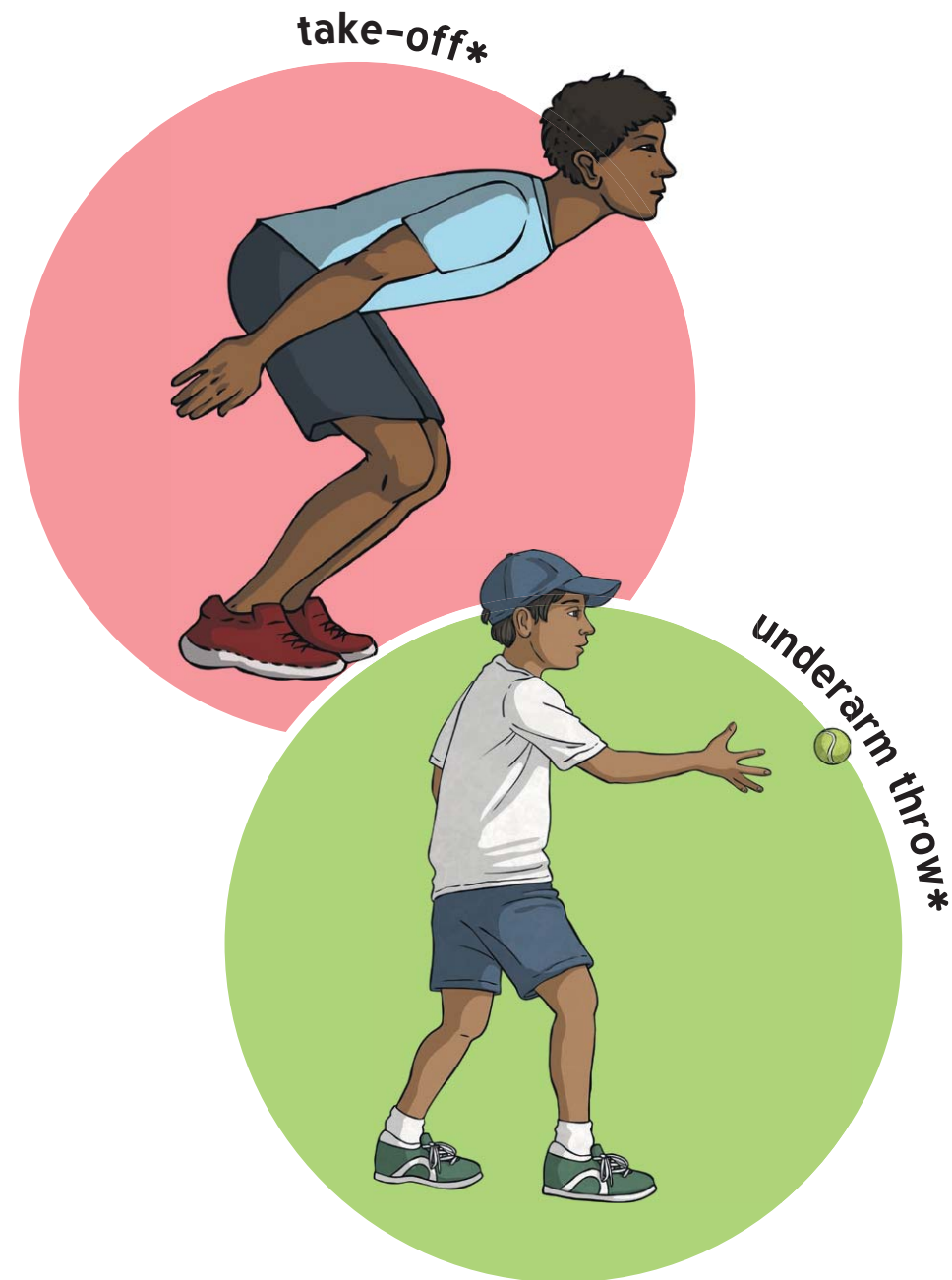


Athletics Glossary



Ff	
field event	Events that take place on the field, as opposed to the track events. They involve the throwing events, such as the javelin, shot put, discus, hammer and the jumping events such as the long jump, high jump, triple jump and pole vault.
flight*	The flight phase during the long jump is the part where the athlete is in the air. It is when the feet leave the ground and the arms swing forward and up to propel the body forwards.
fling throw*	A type of throwing technique. The discus uses a fling throw technique.
Hh	
hurdling	Hurdling is a track event that involves running and jumping over obstacles at speed. The obstacles or barriers are known as hurdles.
Ll	
landing*	When carrying out any type of jump, it is important to know how to land safely and in control, so that you do not injure yourself.
lead leg*	The lead leg is the leg which clears the hurdle first when hurdling.
long Jump*	The long jump is a field event which involves the athlete running down a track and taking off from a special board trying to get the furthest distance possible before landing in a sand pit.



Tt

take-off*

The take-off phase during the standing long jump is the first part of the jump where the athlete is preparing to leave the ground. It requires the following action:

- bend ankles, knees and hips;
- keep eyes focused forward;
- swing arms behind body;
- straighten legs;
- both feet leave the ground together.

track event

Events that take place on the track, as opposed to the field events. They involve the running and walking events, such as the 100m, 800m and hurdles.

trail leg

In hurdling, the leg that follows the lead leg over the hurdle is called the trail leg.

Uu

underarm throw*

The underarm throw is used for short distances and is more accurate than the overarm throw. It involves a backward-forward swing of the hand to release the ball.



Oo	
overarm throw*	The overarm throw is a skill most commonly used in sports for throwing far and for making quick, accurate passes. Variations of the overarm throw are used in many athletic field events, such as the javelin, in throwing and catching activities, and in ball games, such as basketball and netball.
Pp	
pull throw*	In athletics the pull throw relates to the javelin. However, it is used in many other sporting activities, for example a cricketer throws the ball using a pull technique and a footballer performs a two-handed pull throw when making a throw in from the side of the pitch.
push throw*	In athletics the push throw relates to the shot put. However, it is frequently used in many other sporting activities. For example, a netballer making a chest pass or a basketball player taking a free throw uses a push throw.
Ss	
shot put*	The shot put is a throwing event that involves throwing/putting a heavy round ball—the shot—as far as possible using the push throw technique.
sprint*	Sprinting involves trying to cover a short distance in the fastest possible time.
standing Long jump*	A two-footed horizontal jump from a standing position.

