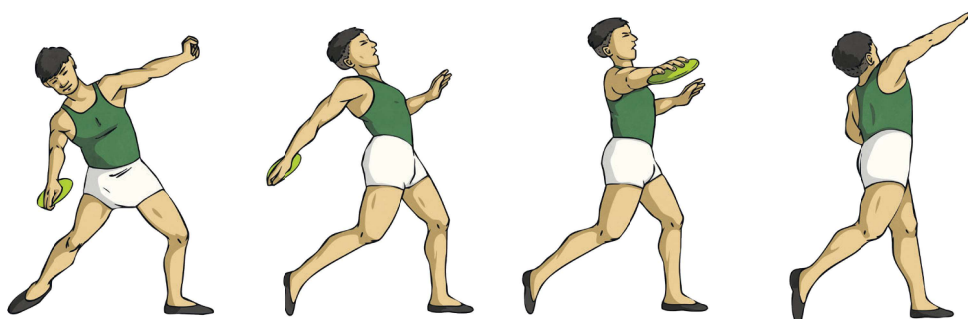


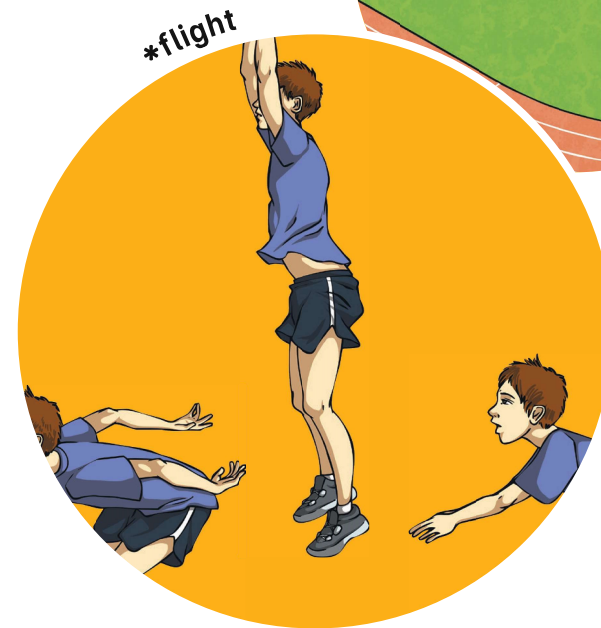
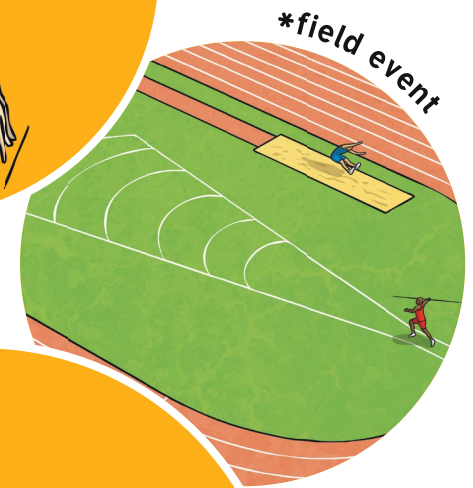
# Athletics Glossary



Cc	
<b>crouch start*</b>	A type of starting position for sprint races.
Ff	
<b>field event*</b>	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.
<b>flight*</b>	The flight phase during any jump, such as the vertical jump, is the part where the athlete is in the air. It is when the feet leave the ground and the arms are used to propel the body forwards or upwards.
<b>fling throw*</b>	A type of throwing technique. The discus uses a fling throw technique.
Ll	
<b>landing</b>	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.

**\*fling throw**





Pp	
<b>pull throw*</b>	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.
<b>push throw</b>	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	
<b>standing start*</b>	A type of starting position for sprint races.
<b>standing vertical jump</b>	A <b>two-footed</b> vertical jump from a <b>standing</b> position.
Tt	
<b>take-off</b>	<p>The take-off phase during any jump from a standing position is the first part of the jump where the athlete is preparing to leave the ground. It requires the following action:</p> <ul style="list-style-type: none"> <li>• bend ankles, knees and hips;</li> <li>• keep eyes focused forward;</li> <li>• swing arms behind body;</li> <li>• straighten legs;</li> <li>• both feet leave the ground together.</li> </ul>
<b>track event*</b>	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.

