

Event Information

Distances above 200m are restricted in some age groups. Check with your coach!

100m - The 100 metres is a fast explosive power event.

200m - The 200 metres requires similar skills and abilities as the 100 metres, but clearly the ability to maintain a high speed over the additional distance is very important.

300m/400m - The 400 metres for senior sprint athletes is considered to be the ultimate test as it relies upon speed, strength and endurance.

600m/800m - 800 metres athletes have to cover two laps of the track. The event requires a tremendous amount of speed, strength and endurance.

1500m - The 1500 metres is one of the middle distance events. For this event you run three and three quarter times around the track.

3000m Steeplechase - The 3000 metre steeplechase is run over 28 hurdles and seven water jumps, each being 91.4 centimetres in height (for men & women).

5000m - The 5000 metres is traditionally the first event that would be categorised, as 'long distance' and good levels of stamina are required but also a turn of speed. This race is twelve and a half laps of the track and therefore is not suitable for children. It is advisable that children concentrate on developing their skills at shorter distances (check the rules with your coach!).

10000m - The 10,000 metres requires great amounts of strength and stamina over the 25 laps of the running track.

Marathon - The marathon covers a distance of 26 miles 385 yards (42,195 metres). The first major marathon was that held in the 1896 Olympic Games in Athens from the village of Marathon to the Olympic Stadium in Athens. The distance as above was established at the 1908 Olympic Games in London when the course was adjusted so that the finishing line was in front of the royal box at the White City Stadium in London.

- As the marathon covers such a long distance the minimum age you have to be to run the distance is eighteen years old.

20 & 50K Walks - The rules state that walking is: - '**A progression of steps so that unbroken contact with ground is maintained**'.

These walks cover a very long distance in which only senior athletes should attempt. However there is no reason why you cannot practice the walking technique over much shorter distances.

Sprint Hurdles - Hurdles is a fast, explosive power event in which athletes have to sprint and clear barriers. The hurdles is a fast running event in which children can hurdle over low obstacles as opposed to proper hurdles. It is important that a young athlete learns to run with a good technique in between the hurdles.

300m/400m Hurdles - The 400 metre hurdles is an ultimate test as it relies upon the speed of a sprinter, the strength and endurance to maintain that speed over the longer distance and also the ability to clear the hurdles.

4 x 100m relay - Four athletes are needed to make up a team and each athlete has to take their turn to run 100 metres whilst transporting the baton to the next athlete around the track. The athletes must make sure that they pass the baton over in the correct change over area and be careful not to drop the baton. The winners are the first team across the line who complete this successfully.

- The British 4x100m men's team ran a fantastic race to win the Gold Medal in the 2004 Olympics in Athens.
- The relay is a very enjoyable and competitive team activity for children to take part in. They can practice their technique at passing the baton to one another and have races over shorter distances. They could also vary the amount of runners in your teams for fun races.

4x400m relay - Four athletes are needed to make up a team and each athlete has to take their turn to run 400 metres whilst transporting the baton around the track to the next athlete. The athletes must make sure that they pass the baton over in the correct change over area and be careful not to drop the baton, though change over is much easier than the faster 4 x 100 metre relay event.

All Combined events requires great amounts of speed, strength, agility and endurance along with the ability to compete consistently in all the events.

Decathlon - The Decathlon comprises of ten events which male athletes compete in over two days. On day one the athletes have to compete in the 100 metres, followed then by the long jump, shot putt, high jump and 400 metres. On the second day, they have to do the 110 metres hurdles, followed by the discus, pole vault, javelin and 1,500 metres. Athletes score points depending on how fast they have run, or the distance they have jumped, thrown or vaulted.

Our club website is: WWW.

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Heptathlon - The heptathlon comprises of seven events which female athletes compete in over two days. On day one the athletes have to compete in the 100 metre hurdles, followed by the high jump, shot putt and 200 metres. On the second day, they have to do the long jump, javelin, and finally the 800 metres. Athletes score points depending on how fast they have ran, or distance they have jumped or thrown.

Combined events

Male - Due to the nature of combined events, children should compete in triathlon competitions until they are 13 years old. When they are in the under 15 category, they can compete in the Pentathlon (five events) which is held over one day and includes the 80m hurdles, shot putt, long jump, high jump and 800 metres. As an under 17 athlete they can compete in the Octathlon (eight events) which includes the long jump, discus, javelin, 400 metres, 100 metre hurdles, high jump, shot putt and 1,500 metres. Only when they reach the under 20 category can they compete in the full decathlon event.

Female - When they are in the under 15 category, they can compete in the Pentathlon (five events) which is held over one day and includes the 75m Hurdles, Shot Putt, High Jump, Long Jump and 800m. Girls in the under 17 category can take part in the heptathlon but the normal 100 metre hurdles is ran over the shorter distance of 80 metres. Only when they reach the under 20 category can they compete in the full heptathlon event.

Discus - The discus is one of the events that was held in the ancient Olympic Games. The requirements of the event are strength, explosive speed and control. The discus is released after a rotation around the circle. A young athlete may start their training for throwing using a cricket or rounders ball or a discus made of foam, which can be used safely indoors, or outside.

Hammer - A spectacular event in which strength, explosive speed and control are all essential. The hammer is released after a rotation around the circle. Again, the young athlete will not use a full weight hammer until they are a senior athlete. They may start their training using a cricket or rounders ball of a soft foam hammer that can be used indoors or outdoors. Hoops or quoits may also be used to practice.

Javelin - A spectacular event, in which the competitors hurl the spear like implement which, for the top male performers, is nearly the length of the infield (nearly as far as the 100 metres!). As with the hammer, the young athlete will probably start training for this event by throwing other implements such as soft foam javelins or a cricket / rounders ball.

Shot - This is the projecting of a solid metal ball from within the confines of a concrete circle. The requirements of the event are strength, explosive speed and control. The shot is released after a glide or rotation round the circle. Famous past and present UK shot athletes include Carl Myerscough and Judy Oakes. Shot putts are very heavy! It is therefore advised that the young athlete practices by throwing cricket or rounders balls. If the young athlete is in year six at school (10-11 years old) they can practice putting the shot (2.72kg maximum).

High Jump - The high jump involves athletes jumping over a horizontal bar without knocking it off. The high jump bar is raised each time the athletes successfully clear each height. The most common technique used by senior athletes is called the Fosbury Flop. There are two high jump techniques that you can use, the scissor jump and the Fosbury flop. It is advised that the young athlete practices and develop their skills at the scissor jump first.

Long Jump - The long jump is a sequence of movements from the run up, to taking off from the board, to the movement whilst jumping, and the landing in the sand. The young athlete can take part in lots of different jumping activities that will improve their long jumping skills. They may often begin by practicing the standing long jump before combining both the run up and the jump. It is good for them to master the long jump technique first.

Triple Jump - Formerly called the 'Hop, Step, Jump'. A high degree of flexibility, control, speed and strength is required to master this event.

- Boys and girls under the age of 11 are not allowed to compete in the triple jump, as it is a very difficult event that puts great amounts of pressure on your body.

Pole Vault - One of the most spectacular of the field events in which a combination of strength, speed, agility and gymnastic skills are all called upon. In competition terms, the pole vault is generally an activity for older athletes. However, the young athlete can practice various activities that will help them to develop the skills they need to be good at the pole vault when they are older. These may include swinging activities that they can practice on climbing frames, trapezes and ropes. Backward rolls, cartwheels and handstands are also useful to develop key skills.

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