



Track

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Introduction

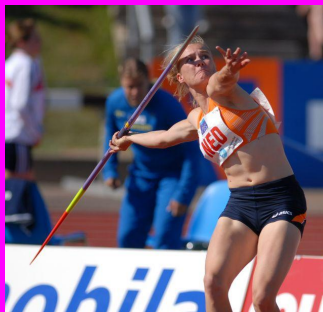
The crowd cheering, runners running, and sweat dripping. You might glance over and see someone choking on air. These are some things you might see at a track meet. Track is a sport that includes field events such as discus, shotput, javelin, hammer throw, high jump, and long jump. Track also includes hurdles such as high and low hurdles. Running is also included in track.



This is an example of girls running.

Introducing Field Events

Some field events are very tough to do. You have to be strong or fast for some of them. Discus is where you throw a big disk and see how far you can throw it to. Shot put is when you have a heavy ball and you throw it as hard and as far as you can. Javelin is when you have a long pole and you see how far and high you can jump. Hammer throw is when you have a very long chain with a ball on the end of it and you spin around and let it go. High jump is where you run and try to jump over the pole. Long jump is when you jump and see how far you get.



This is an example of a field event.

Discus

Discus is something for boys and girls of all ages. Discus is a heavy thick-centered round disk thrown by anyone included in the field events in track. Some people throwing the discus might practice swinging their arm around with the discus it to get used to the weight. It may look very easy to throw a discus from a distance, but it's really not. You have to be a strong type of athlete to be able to throw discus.



These are examples of boys and girls throwing discus.

Shot put

Shot put is a very relevant field event for track. Shot put is where a very heavy ball is thrown as far and as hard as you can throw it. When throwing shot put, some people pop their wrist so the ball will get released faster and it will go farther. Either boys or girls can throw shot put. For shot put, you have to be a stronger type of person or athlete to be able to throw it very far. The shot put ball is usually heavy depending on if you are a girl or a boy. Some people put the shot put ball next to their ear to throw harder and more consistent.



These are examples of girls and boys throwing Shot Put.

Javelin

Javelin is a type of field event that someone has to have strength for. Javelin is where you have a very long pole and you get your speed going, and you balance on the pole and try to jump over the big pole onto a gigantic mat. Girls or boys can do javelin at a track meet. For javelin, you also have to have a good running speed because you have to get a running start to be able to get over the tall pole.



of boys and girls doing
Javelin.

Hammer Throw

Hammer throw is where you have a big long metal chain with a ball on the end of it. You swing the chain around and let it go and see where it goes. You have to be a very athletic and strong person to do hammer throw. You have to spin around a couple of times to be able to throw it very far like you want to. Sometimes it can be very hard to do hammer throw. But for some people, it's not very hard.



This is an example of a girl doing hammer throw.

Long Jump

Long jump is when you get a running head start and you jump into sand and see where you land. Sometimes the judges make you run back and see the time you get going to the sand and back. For long jump, you have to be a taller person or have longer legs to jump farther. You may have a smaller person do high jump also because they can usually jump farther and get a faster head start.



This is an example of long jump.

High Jump

High jump is when you go around a curved spot and jump as high as you can. Sometimes you might have to run around a couple of times before you jump because you get very nervous. You can run yourself out of breath just running for the curved spot. Just pace yourself and jump as high as you have ever jumped in your life!



This is an example of high jump.

Hurdles

Hurdles are also included in track. You can either do high or low hurdles in track. You have to try to not touch the hurdles when you are jumping them. You will gain more time if you hit the hurdles. You have to pace yourself when you are doing hurdles so you don't run out of breath right when you start.



This is an example of hurdles.

Running

While running, you have to pace yourself at a speed that you feel comfortable with. While running track, you have to stay in your own lane or you might get disqualified. At some track meets, you can't have any jewelry in or the judges can take you out of the race or disqualify you. So make sure you don't have any jewelry in while running track. You should never talk while they are announcing things. You might miss your event and you will get in trouble by your coach.



This is an example of girls running track.

Conclusion

As you can see, track is a very competitive sport. Track is something you should be athlete to do so you can run faster. You have to listen to the rules very carefully to know what to do during track. You have to be able to run faster and stay in your lane while running. People say that track is a very tough sport. Track is a sport known for athletic people.



This is an example of a track field.

