

# Bal Bharati Public School, Pitampura

## Physical Education/XI / 2020-21

### Athletics

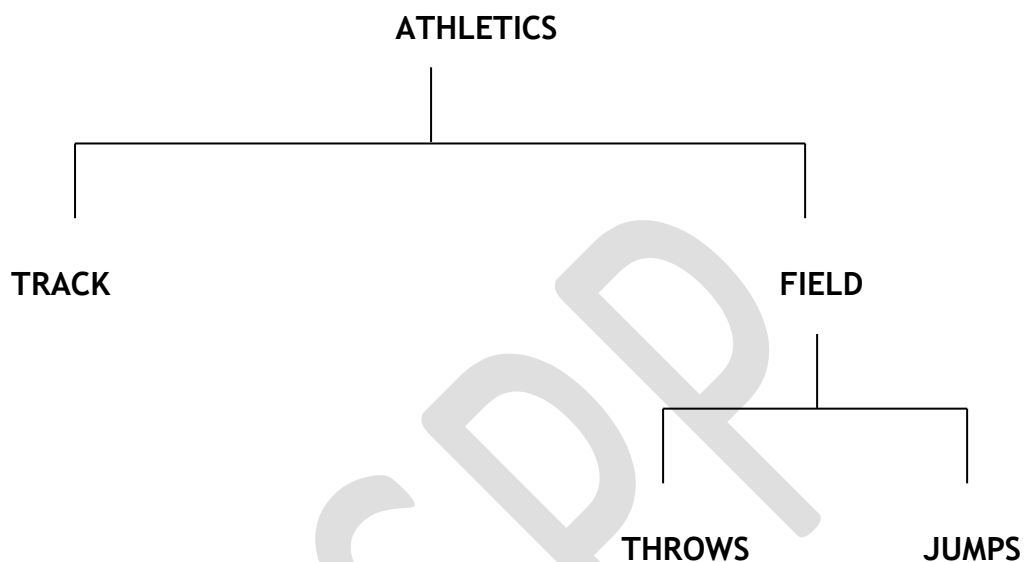


- **Athletics** is a group of sporting events that involves competitive running, jumping, throwing, and walking. The most common types of **athletics** competitions are track and field, road running, cross country running, and race walking.
- Athletics events were depicted in the Ancient Egyptian tombs in Saqqara, with illustrations of running at the HebSed festival and high jumping appearing in tombs from as early as of 2250 BC.
- The Tailteann Games were an ancient Celtic festival in Ireland, founded circa 1800 BC, and the thirty-day meeting included running and stone-throwing among its sporting events.
- The original and only event at the first Olympics in 776 BC was a stadium-length running event known as the *stadion*.
- This later expanded to include throwing and jumping events within the ancient pentathlon. Athletics competitions also took place at other Panhellenic Games, which were founded later around 500 BC.<sup>[6]</sup>

## HISTORY OF INDIAN ATHLETICS IN OLYMPICS (UPTO 1948)

S.no	Year	Name of the athlete	Achievement
1	1900	Norman Pritchard	200m Silver 200m hurdles Silver
2	1920	Purma Bannerjee Phadappa Chaugule Sadashiv Datar	Participation Participation Participation
3	1924	James Hall Wilfred Hildreth C. K. Lakshmanan Terence Pitt Dalip Singh Mahadeo Singh Pala Singh	Participation Participation Participation Participation Participation Participation Participation
4	1928	R. Burns James Hall J. Murphy Gurbachan Singh Chavan Singh S. Abdul Hamid	Participation Participation Participation Participation Participation Participation
5	1948	Eric Prabhakar Jim Vickers Sadhu Singh Chhota Singh Gurnam Singh Baldev Singh	Participation Participation Participation Participation Participation Participation

	Henry Rebello	Participation
	Nat Singh Somnath	



**TRACK EVENTS**

Short Distance Races	Middle Distance Races	Long Distance Races	Hurdle Races	Relay Races
100m	800 m	3000m	100m(W) 110m(M)	4x100m Relay
200m	1500 m	5000m	400m	4x400m Relay
400m		10000m	3000m Steeplechase	

**FIELD EVENTS**

Throws	Jumps
Shot put	Long jump
Discuss throw	High jump
Hammer throw	Triple jump
Javelin throw	Pole vault

## FIELD EVENTS

Heptathlon	Decathlon
200 m	100 m
800 m	400 m
100 m hurdles	110 m hurdle
Shot put	Shot put
Long jump	Long jump
High jump	High jump
Javelin throw	Javelin throw
	Discuss throw
	Pole vault
	1500m

## Race Walking Event

Men	Women
20 km	20 km
50 km	

## Marathon race

42.195 kms

### India Top Athletes

Name	Event
Milkha Singh	200 m 400 m
P. T. Usha	100 m (11.39sec) Best time 200 m (23.05sec) 400 m (51.61 sec) 400 m Hurdles (55.42 sec)
Shri Ram Singh	800 m (1.45.77) Best time
Gurbachan Singh Randhawa	110 Hurdles (14.07 sec) Best time
Anju Bobby George	Long jump(6.83m) Best jump
Duteechand	100 m (11.22sec) Best time 200 m (23.00 sec) Best time
Neeraj Chopra	Javelin Throw(88.06m) Best Throw
Hima Das	200 m(23.10 sec) Best time 400 m (50.79 sec) Best time
Tejaswin Shankar	High Jump (2.29m) Best Jump