

Athletics description.

Athletics is a collection of sporting events that involve competitive running, jumping, throwing and walking. In athletics the most common type of events are track events, field events and cross country running. This is a very good sports which will help anyone to keep himself/herself physically strong , flexible and agile. It also helps to maintain good co ordination between mind and body.

In IIT HYDERABAD we organise semi cross country race on various occasion and we practice with our team members in local athletics club.