

Running Events

- Sprints: These are short-distance races, typically 100 meters, 200 meters, and 400 meters.
- Middle-Distance: Events like the 800 meters and 1500 meters require a balance of speed and endurance.
- Long-Distance: Races such as the 3000 meters, 5000 meters, and 10,000 meters test endurance and pacing abilities.
- Hurdles: Occurs in events like the 100 meters hurdles and the 400 meters hurdles



Jumping Events

- Long Jump: Athletes sprint down a runway and jump into a sandpit, aiming for maximum distance.
- Triple Jump: Similar to the long jump but with three phases of jumps (hop, step, jump) before landing in the sandpit.
- High Jump: Athletes jump over a horizontal bar using a technique that involves clearing the bar without knocking it off.
- Pole Vault: Athletes use a pole to vault themselves over a high bar



Throwing Events

Shot Put: Athletes throw a heavy metal ball (the shot) for distance, using a pushing motion.

Discus Throw: Athletes spin and release a discus, aiming for maximum distance.

Javelin Throw: Athletes throw a spear-like javelin for distance, using a run-up and specific throwing technique.

Hammer Throw: Athletes spin and release a heavy hammer attached to a wire, aiming for distance.

