

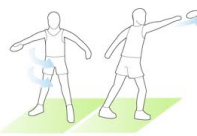







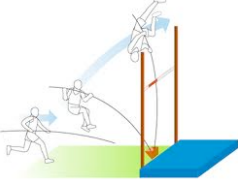



UNIT 3 ATHLETICS VOCABULARY







| WORD | MEANING | IMAGE |
|--------------------|--|---|
| ATHLETICS | the sport of competing in track and field events |  |
| BATON | a short stick or tube passed from runner to runner in a relay race |  |
| DECATHLON | a men's athletic competition combining 10 track and field events | |
| DISCUS | a heavy, thick-centered disk; the sport of throwing the discus |  |
| FALSE START | failed start of a race, usually caused by a runner moving forward before the starting gun is fired |  |
| FOUL | an unfair or illegal act, e.g. foul throw, foul jump | |
| HAMMER | metal ball attached to a wire for throwing in an athletic contest; the sport of throwing the hammer |  |
| HEPTATHLON | women's athletic competition combining 7 track and field events | |
| HIGH JUMP | sport in which competitors jump over a bar that is raised until only one competitor can jump over it |  |
| HURDLES | upright frames, normally placed in a series, that athletes jump over; a race over such frames |  |

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|-------------------|--|---|
| JAVELIN | a lightweight, spear-like object; the sport of throwing the javelin |  |
| LANE | each of a number of parallel strips marked on a running track for athletes to run along |  |
| LAP | one circuit of, or one time around, a running track or a racetrack | |
| LONG JUMP | an athletic event in which competitors jump as far as possible along the ground in one leap |  |
| POLE-VAULT | an event in which competitors vault over a high bar with the aid of an extremely long, flexible pole used to give extra spring |  |
| RACE | Competition against others athletes |  |

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| WORD | MEANING | IMAGE |
|------------------------|---|---|
| RELAY | race between teams of runners in which each team member in turn covers part of the total distance |  |
| RECORD | the best performance in a sporting event that has been officially measured and noted |  |
| SHOT PUT | an athletic contest in which a very heavy metal ball is thrown as far as possible |  |
| SPRINT | a short, fast race run over a distance of 400 metres or less |  |
| STARTING BLOCKS | small rigid blocks for bracing a runner's feet at the start of a race |  |
| TRIPLE JUMP | an event in which competitors leap as far as possible by performing a hop, a step and a jump |  |