2 Today, running, jumping and throwing events — called 'track and field' athletics — hold a high position in the world of sport. Sprinting[1] events are run over distances of 100 and 200 metres. The 100 metres is over a straight course. The 200 metres usually includes a bend, but is run in lanes[2]. Middle-distance events are often classified as those between 400 and 1500 metres. The classic[3] old-fashioned one-mile races also come into this class.

3 Races over one mile can be classed as long-distance events. They are usually run over 5,000 and 10,000 metres. The marathon[4] starts and finishes on a track but the remainder of the 26-mile 385-yard race is through the surrounding areas. The 3,000 metre steeplechase[5] is run over a track with 28 hurdles and 7 water jumps.

4 The main hurdle events are the 100-metre race over high hurdles (the hurdles are 106 cm high) and the 400-metre race over intermediate[6] hurdles, in which the hurdles are 91 cm high. Women run 100 metres over 84-cm hurdles, and 200 metres over 76-cm hurdles. The most popular relay races[7] are the 4 × 100 metres and 4 × 400 metres.

5 Field events include high and long jumping, the triple jump[8], pole-vault[9], throwing the discus[10], javelin[11], shot[12] and hammer[13]. Almost all high jumpers now use the 'flop' method in which the jumper twists the body after take-off and goes over the bar backwards. In pole-vaulting, the pole is of flexible glass fibre and about 4.5 metres long.

6 The discus is thrown from a circle 2.5 metres in diameter, the shot and th hammer from a 2.1-metre circle. The standard shot weighs 7.26 kg, the sam weight as the hammer and its steel wire. The women's shot weighs 4 kg.

7 Two of the most testing athletic events are the decathlon and heptathl The decathlon (for men) is made up of ten events contested over two d They are the 100 and 400 metres, high jump, long jump, shot-put, 1,500 me 110-metre hurdles, pole-vault, javelin, and discus. The heptathlon for wo has seven events — 100-metre hurdles, high jump, shot-put, 200 metres metres, long jump, and javelin.

Word-meanings :

1. sprinting—running a short distance at full speed, पूरे वेग से दौड़ना; 2. arked strip of track for a competition in a race, दौड़ के लिए बनाया गया प classic—famous through being long established, अत्युत्तम; 4. marathon—long ot race of about 42 km or 26 miles, 42 कि० मी० या 26 मील की लम्बी steeplechase—race for athletes, across country, or on a running tr tacles such as fences, hedges and ditches to be jumped, बाधा दौड़; 6. inter ther high nor low, but in-between, बीच का; 7. relay race—race betw which each member runs part of the total distance, the next memb n the previous one finishes, चौकी-दौड़; 8. triple jump—also calle

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