

# athletics



# history

Athletics is a set of various sports that can be grouped into four categories: running, walking, competitions and multiple events.



# findings

**Greece, Egypt, Ireland  
and then Rome seem  
to be more likely the  
lands where the  
athletic gesture of man  
initially to be born**





## **ATHLETICS**

*The race in athletics is classified in 4 subcategories: sprints, obstacle, middle and bottom.*

# 1) sprint

In athletics, sprint races consist of 3 phases: exit from blocks, acceleration and deceleration.



## 2) obstacles

In this specialty the athlete must overcome the obstacles that is during the course, this technical gesture is called passage.



# 3) middle distance

Unlike athletics sprints and obstacles, athletes all run in the first lane.



## 4) Cross country

The marathon is entirely road racing and ends on the track, where the last 352 m run.





# James Owens

Born September 12, 1913 in Oakville, he was an American sprinter and long-distance runner who won four gold medals at the 1936 Berlin Olympics.

He was the first athlete in history to overcome the eight-meter barrier in the long jump, a specialty in which he was the world record holder for 25 years, from 1935 to 1960, with the measure of 8.13 m.



**Thank  
you**

