Athletics comprises of Track and Field events. In the track events competitions are conducted of races of different distances. Track events are grouped in various categories i.e. sprints, upto and including 400 meters, middle distances 800-3000 meters and long distances 5000 meters and more. In field events competitions are conducted in jumps and throws. The third category of events is combined events, which include track events as well as field events.

The various events of track and field are:

<table>
<thead>
<tr>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>100 Mts.</td>
<td>100 Mts.</td>
</tr>
<tr>
<td>200 Mts.</td>
<td>200 Mts.</td>
</tr>
<tr>
<td>400 Mts.</td>
<td>400 Mts.</td>
</tr>
<tr>
<td>800 Mts.</td>
<td>800 Mts.</td>
</tr>
<tr>
<td>1500 Mts</td>
<td>1500 Mts</td>
</tr>
<tr>
<td>5000 Mts</td>
<td>5000 Mts</td>
</tr>
<tr>
<td>10000 Mts</td>
<td>10000 Mts</td>
</tr>
<tr>
<td>110 Mts Hurdles</td>
<td>100 Mts Hurdles</td>
</tr>
<tr>
<td>400 Mts Hurdles</td>
<td>400 Mts Hurdles</td>
</tr>
<tr>
<td>3000 Mts Steeplechase</td>
<td>3000 Mts Steeplechase</td>
</tr>
<tr>
<td>High Jump</td>
<td>High Jump</td>
</tr>
<tr>
<td>Long Jump</td>
<td>Long Jump</td>
</tr>
<tr>
<td>Triple Jump</td>
<td>Triple Jump</td>
</tr>
<tr>
<td>Men</td>
<td>Women</td>
</tr>
<tr>
<td>------------------------------</td>
<td>--------------------------------</td>
</tr>
<tr>
<td>Pole Vault</td>
<td>Pole Vault</td>
</tr>
<tr>
<td>Shot Put</td>
<td>Shot Put</td>
</tr>
<tr>
<td>Discus Throw</td>
<td>Discus Throw</td>
</tr>
<tr>
<td>Hammer Throw</td>
<td>Hammer Throw</td>
</tr>
<tr>
<td>Javelin Throw</td>
<td>Javelin Throw</td>
</tr>
<tr>
<td>4x100 Mts Relay</td>
<td>4x100 Mts Relay</td>
</tr>
<tr>
<td>4x400 Mts Relay</td>
<td>4x400 Mts Relay</td>
</tr>
<tr>
<td>Decathlon</td>
<td>Heptathlon</td>
</tr>
<tr>
<td>20 Km. Walk</td>
<td>10 Km. Walk</td>
</tr>
<tr>
<td>50 Km. Walk</td>
<td>20 Km. Walk</td>
</tr>
<tr>
<td>Marathon</td>
<td>Marathon</td>
</tr>
</tbody>
</table>
The Competitions for Track & Field events shall be conducted by PYKKA at the following levels.

- **Block** - The teams of various panchayats shall participate in block level competitions and the selection of the block team shall be finalized. The selected team shall be sent for district level competitions.

- **District** - The teams of various blocks will participate and selection of the district team shall be decided for state level competition.

- **State** - The teams of all the districts of the state shall participate in Inter-District competitions and state team will be selected to participate in Inter-state (National) competitions.

- **National** - The teams from various states shall participate in the Inter-state (National) PYKKA competitions.

In addition to the competitions conducted by PYKKA, other competitions are also held at various levels by the Federations or Associations. Some of such competitions are listed below:

1. District Athletics Championships
2. State (Inter-Districts) Athletics Championships
3. National (Inter-State) Senior Athletics Championships
4. National Junior Athletics Championships
5. National Youth Athletics Championships
6. National Open Athletics Championships
7. Inter-Zonal Junior Athletics Championships
8. Zonal Junior Athletics Championships (East, West, North & South zone)
9. Indian Grand Prix (I, II, III & IV)
10. Federation Cup Senior Athletics Championships
11. Invitation Athletics Meets
12. Board Athletics Meets
13. South Asian Federation Games (SAF)
14. Asian Athletic Championship
15. Asian Games
16. Common Wealth Games
17. Olympic Games
In order to impart training and conduct competitions for various Track & Field events, a 200 mt. or 400 mt. track is required with adequate facilities. The surface could be natural clay, turf, cinder, locally available material or a synthetic. Preferably, the direction of the track should be north to south. The Track & Field area should have the water drainage facility in order to avoid accumulation of water during rainy season. For maintenance of the track, a tube well/water system for watering the track and field area will be required. The field area should be mowed regularly, in case the natural turf is maintained. The manual/electrical lawn mowers will be required for the same. To keep the surface levelled and smooth, a roller will be required. Lime powder will be needed for regular marking of the track.

A standard track of 400 mts in length, may have straights of 75-85 Mts. The width of the lane should be 1.22 mts and the track should have at least 6 such lanes. In case the area is less a 200 mt. track may be used for the purpose. Roughly a 200 mt. track can be accommodated in a standard football ground, while a 400 mt. track will accommodate a standard football ground in its field area. A space of approximately 10mtrs, may also be provided around the track for the spectators. Sand pits for long jump and triple jump are required. Circles, runway and landing sectors for throwing events shall be required. (Figure-.1)
Figure 1 - 400 meter Track
Equipment

The equipments and materials required for training and competitions for various track and field events are as follows:

(A) Track events
The track events comprise of races of different distances, hurdle events and relay races. The related equipments are as under:

1. Lane number boxes (8)
2. Foul indicators (8)
3. Smoke screen (1)
4. Starting gun/pistol (with cartridge) (1)
5. Clapper (2)
6. Starting blocks (8)
7. Whistles (4)
8. Hurdles (60-80)
9. Steeple chase hurdles (5)
10. Relay batons (8)
11. Finish Post (1 pair)
12. Photo Finish (1 set)
13. Time keeper's stand (1)
14. Stand for judges at finish (1)
15. Lap scorer's board (1)
16. Wind gauze apparatus (2)
17. Stop watches (6-20)
18. Flags -red, white, yellow (10 each)
19. Folding Chairs for officials (10)
20. Black boards with stands (4)
21. Warning bell (1)
22. Shoes with spikes (10 pairs)
23. Chest numbers (Bibs), safety pins (100 pairs)
24. Lime powder -white, red, green, yellow

(B) Field Events
The filed events comprises of Jumps and Throws.

**Jumps** -
The jumps are long jump, triple jump, high jump and pole vault.

1. Take off boards (Wooden) (4)
2. Plasticine frames (2)
3. Diggers & levellers (2 each)
4. Sponge pit for high jump (1)
5. Sponge pit for pole vault (1)
6. Performance indicator boards (4)
7. Measuring tapes (Fiber/Steel)
   - 50 meter (2)
   - 30 meter (2)
   - 15 meter (2)
8. Uprights for high jump (1 pair)
9. Uprights for pole vault (1 pair)
10. Cross bars (High jump) (4)
11. Cross bars (Pole vault) (4)
12. Vaulting box (2)
13. Ladder - 3 mts tall (2)
14. Pole Vault poles (Bamboo) (6)

**Throws** -
The throwing events are shot-put, discus throw, hammer throw and javelin throw.

1. Shots
   - 4kg (Iron) 02
   - 5 Kg. (Iron) 02
<table>
<thead>
<tr>
<th>Item Description</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 Kg. (Iron)</td>
<td>02</td>
</tr>
<tr>
<td>7.260kg (Iron)</td>
<td>02</td>
</tr>
<tr>
<td>2. Discus</td>
<td></td>
</tr>
<tr>
<td>1kg (Wooden)</td>
<td>04</td>
</tr>
<tr>
<td>1.5kg (Wooden)</td>
<td>04</td>
</tr>
<tr>
<td>1.75 Kg. (Wooden)</td>
<td>04</td>
</tr>
<tr>
<td>2kg (Wooden)</td>
<td>04</td>
</tr>
<tr>
<td>3. Hammer</td>
<td></td>
</tr>
<tr>
<td>4kg (Iron)</td>
<td>02</td>
</tr>
<tr>
<td>5 Kg. (Iron)</td>
<td>02</td>
</tr>
<tr>
<td>6 Kg. (Iron)</td>
<td>02</td>
</tr>
<tr>
<td>7.260kg (Iron)</td>
<td>02</td>
</tr>
<tr>
<td>4. Javelins (Bamboo)</td>
<td></td>
</tr>
<tr>
<td>600gm</td>
<td>04</td>
</tr>
<tr>
<td>700 gm</td>
<td>04</td>
</tr>
<tr>
<td>800gm</td>
<td>04</td>
</tr>
<tr>
<td>5. Hammer wires</td>
<td>10</td>
</tr>
<tr>
<td>Hammer grips</td>
<td>03</td>
</tr>
<tr>
<td>6. Cage for hammer &amp; discus throw</td>
<td>01</td>
</tr>
<tr>
<td>7. Stop boards</td>
<td>02</td>
</tr>
<tr>
<td>8. Circles &amp; Rims</td>
<td></td>
</tr>
<tr>
<td>Shot</td>
<td>01</td>
</tr>
<tr>
<td>Hammer</td>
<td>01</td>
</tr>
<tr>
<td>Discus</td>
<td>01</td>
</tr>
<tr>
<td>9. Metal/ wooden arc for javelin throw</td>
<td>02</td>
</tr>
<tr>
<td>10. Cones (20-30 cm. High)</td>
<td>10</td>
</tr>
<tr>
<td>11. Performance indicator boards</td>
<td>02</td>
</tr>
<tr>
<td>12. Scoring tables and score sheets for various track and field events.</td>
<td></td>
</tr>
</tbody>
</table>
Fundamental Techniques of Different Track & Field Events

The fundamental techniques for various events are as follows:-

TRACK EVENTS
The techniques of races conducted on track can be divided mainly in three parts.
1. Starting
2. Running
3. Finishing

Starting
In sprints crouch start is used, while in other races athletes use a standing start. Starting block is used in crouch start. The foot of the stronger leg is placed in the front block the distance of the front block from the starting line is approx. 2 feet length while the rear block is further 1 foot length away from the front block.

There are three commands in a sprint start which are : (Figure 2)
1. On your marks
2. Set
3. Fire

Figure-2 Sprint Start
On your marks
The athlete attains a position in which the feet are firmly pressed against the blocks, arms are straightened and hands are kept shoulder width apart on a high bridge position just behind the starting line. Back is kept flat, eyes are focussed few feet ahead of the starting line.

Set
On command "Set" the hips are raised higher than the shoulders. The angle of front knee is approximately 90° and the rear knee is 120°; the weight is distributed on both hands and feet.

Fire
The legs extend forcefully against the blocks and hands are lifted upward in a natural running action. Body is kept low.

Running
In sprint the athlete should maintain the forward inclination in the first part of the race and move the legs as fast as possible. The stride length should increase gradually. The arms move in a counter balancing manner. The speed is maintained as far as possible.

Finish
Usually three methods are used.
1. Run through
2. Shoulder shrug
3. Dip

Run through
Speed is maintained through the finish line by running 2-3 strides beyond the finish line.

Shoulder shrug
The shoulder nearer to the finish line moves downward towards the finish line.

Dip
The arms move backward together and the torso is dipped towards the finish line.

HURDLE EVENTS
There are four events in this category, which are high hurdle (100 meter for women, 110 meter for men) and 400meter hurdles for men as well as for women. The technique may be divided into following parts:
1. **Start and approach to the 1st hurdle**
2. **Hurdle clearance**
3. **Running between the hurdles**
4. **Running from last hurdle to finish**

**High Hurdles**

1. **Start and approach**
   
   In the event of 100 meter or 110 meter hurdles, the start is similar to that of 100 meter run, with few exceptions i.e. the placement of feet depends upon number of strides taken by the athletes up to the 1st hurdle, usually 7-8 strides are used and after the start the hurdler attains an upright position earlier.

2. **Hurdle Clearance**
   
   The take off for the clearance is performed from more distance in comparison to landing. Take off leg is extended during take off and flexed during flight. The non take off leg remains straight during the flight. The trunk should bend forward and the opposite arm should move in a counter balancing manner. (Figure 3)

   ![Figure 3 - Hurdle Clearance](image)

3. **Running between the hurdles**
   
   Three strides are used to cover the distance between the hurdles. The strides are performed in an accelerated manner. The stride length increases gradually, however the last stride is shortened by few centimeters.

4. **Running from last hurdle to finish**
   
   After clearing the last hurdle, the athlete runs towards the finish line by maintaining the stride length and the race is finished by using either of the technique as described earlier.
400 Mts. Hurdles
The Technique in 400 meter hurdles is similar to that of 110 meter hurdles with exception of lesser bend of the trunk over the hurdles. Twenty-to-twenty three strides are taken to cover the distance up to first hurdle. Fifteen-to-seventeen strides are used in between the hurdles, while 18 strides are taken from last hurdle to the finish.

Steeplechase
The distance in this event is 3000 meter. The height of the hurdle is similar to that of 400 meter hurdles event. There are 5 hurdles in every lap, including a water jump. The water jump may be provided inside or outside the track in each lap. The technique is similar to that of 400 meter hurdles.

Relays
There are two events, which are 4x100 meter and 4x400 meter Relays. The sprint start is used to start the races. Non visual exchange is used in 4x100 meter relay while the visual exchange is used in 4x400 meter relays.

Race Walking
For men 20 and 50 km. walk are the events, while 10 & 20 km walk are the events for women. The walker should maintain the contact throughout the progression, the knees are extended alternatively and the arms remain flexed and move across the body.

FIELD EVENTS
In field events, competitions are conducted in jumps and throws.

JUMPS
This area consists of two horizontal jumps i.e. long jump and Triple jump and two vertical jumps i.e. high jump and pole vault.

Long Jump
The technique of long jump comprises of an approach run (run-up), take off, flight and landing.

Approach Run (Run-up)
The approach run is 30-45 meter long, followed by take off with single leg, the flight and landing. The approach run is performed in an accelerated manner. In last 3-4 strides, the jumper settles for the jump. The last stride is shortened by 15-20 cm.

Take off
During take off, the take off leg extends vigorously accompanied by the swing of non take off leg and the opposite side arm. The trunk is kept upright and eyes are focused on the distal end of the pit.
**Flight and Landing**

During the flight the jumper may use the hang technique. During hang technique, after the take off, the body of the jumper makes an arc in which the hips are ahead of the arms and legs. The legs move in the forward and upward direction in landing. The moment the feet touches the sand in the pit the legs are flexed, and the arms move in downward and backward direction. As a result the body moves in the forward direction. (Figure - 4)

![Figure 4 - Long Jump](image)

**Triple Jump**

The approach run (run-up) is similar to that of long jump followed by hop, step and jump. After the approach the jumper prepares for take off for hop in last 3-4 strides.

**The Hop**

The take off is performed with the stronger leg. After the take off the take off leg is bent and moves in a cycle in the forward and upward direction, the trunk is kept upright. The arms move together in the forward in upward direction or in a natural way. The take off and landing are performed on the same leg.

**The Step**

On completion of hop the take off leg lands ahead of the body. In order to cover more distance, the other leg is bent at knee and moves in the forward and upward direction. The trunk is kept straight and arms move in a natural way.

**The Jump**

On completion of step the leg lands ahead of the body. The jumper tries to project the body as high as possible and uses the sail/hang technique in the jump phase. During all the phases the jumper tries to cover almost equal distance. (Figure - 5)
High Jump
The popular techniques are straddle roll and Fosbury's flop. The technique of high jump comprises of an approach run (run-up), the take off, bar clearance and landing.

The straddle Roll

Approach run (run-up)
Jumper uses 7-11 strides in approach run (run-up). The approach run is performed at an angle of 20-400 in a rhythmical manner. In last few strides the jumper prepares for take off. The take off leg contacts ahead of the body and kept straight, while the other leg remains flexed. A backward lean is attained. The arms move in backward directions or in natural manner.

Take off
During the take off the extension of take off leg (stronger leg) is accompanied by the swing of non take off leg in forward and upward direction. The arms also move upward simultaneously. Due to the coordinated movements of body segments, the jumper's body moves in the vertical direction.

Bar clearance and landing
After the take off, in the flight phase the trunk moves around the cross bar followed by the turning of the take off leg upward. As a result, the jumper's body rotates around the cross bar. For the left leg take off jumper, the jumper will land on right side of the body (Figure - 6)
Pole Vault

In this event two types of poles are used which are rigid pole and flexible pole. The beginners are advised to learn the technique of rigid pole followed by the flexible pole. The technique of pole-vault comprises of the grip and carry, run-up, plant and take off, bar clearance and landing.

Grip and Carry

The pole is gripped at the reach height with both hands. The hands are kept shoulder width apart. The left arm is bent and kept in front of the chest, while the right arm is bent and just behind the body. The pole is held on right site of the body. The distal end of the pole is kept higher than the height of the vaulter.

Run-up

The length of the approach run is 30-45 meters. The approach run is performed in accelerated manner. In the last part of the approach run, the pole is lowered towards the pole vault box.

Plant and take off

After the plant of the pole the, take off is performed. In the take off, the extension of take off leg is accompanied by the swing of non take off leg, which moves upward.

Bar clearance and landing

After the take off, the body of jumper moves upward, followed by the pulling, turning and pushing movement of the body on the pole. As a result the body
moves in the vertical direction. The moment the hips have gone above the cross bar, the vaulter releases the pole away from the body towards the runway. The body of jumper flies away during the clearance. The landing is performed on the back of the body in a soft Sponge Pit. (Figure-7)

Figure 7 - Pole Vault

THROWING EVENTS
Various throwing events are shot-put, discus throw, hammer throw and javelin throw.

Shot Put
Commonly two techniques are used in putting the shot. O’brien technique and rotational technique.

O’brien Technique
The technique consists of grip and stance, glide, release or put and reverse.

Grip and Stance
The shot is placed on the base of the fingers, which remain spread, the thumb and the little finger provide lateral support. The putter attains a stance in the rear half of the circle. The right to touching the inner edge as of the rim. The left foot is approximately one foot length away from the right heel and touches the ground by its toe. Shot is placed near the collar bone in the hallow of the neck. The right arm is kept straight and by the side of the head of the putter.

Glide
A right handed putter will perform the glide with right leg. Right foot lands approximately in the centre of the circle, while the left foot little towards left side.
The right leg remains flexed while the left leg is kept straight after the completion of the glide.

**Release**
The final thrust is initiated by extension of right leg, and when the shoulders are square to the landing sector, the right arm extends and the shot is released from the hand of the putter.

**Reverse**
After the release the right leg is brought forward and flexed, in order to avoid fouling. (Figure 8)

![Figure 8 - Shot Put](image)

**Discus Throw**
The technique of the discus throwing can be divided into various parts such as grip and stance, swing, turn, release and reverse.

**Grip and Stance**
The thrower attains a stance in the rear half of the circle, while toes touching the inner edge of the rim. The legs remain shoulder width apart and flexed.

**Swing**
The discus is swung twice or thrice across the body followed by a giant swing.

**Turn**
The 1 ½ turn is used to accelerate the discus around the body. The trunk is kept straight and throwing arm away from the body. Other arm remains flexed in front of the chest. After completion of the turn the right foot lands in the centre of
the circle. The left foot lands slightly to the left side near the rim. The right leg remains flexed and left leg is kept straight.

**Release and Reverse**

The release is initiated by the extension of the right leg and rotating the right side. The discus is released approximately at the shoulder level. Right leg is brought forward and flexed during the reverse. (Figure 9)

![Figure 9 - Discus Throw](image)

**Javelin Throw**

The technique of Javelin Throwing comprises of the grip and carry, withdrawal, cross step, release and reverse.

**Grip and carry**

The javelin is gripped on the cord and carried over the right shoulder. The approach run is approximately 13-17 strides and performed in a rhythmical manner.

**Withdrawal**

The javelin is withdrawn in 2-3 strides. The throwing arm is extended gradually, followed by a cross step.

**Cross Step**

During cross step the throwing arm remains straight and the thrower lands on flexed right leg. The left leg is kept straight. A backward body lean is attained.
Release and Reverse
During release, the right leg extends and brings the hips approximately at 900 to the throwing direction. The left shoulder is kept high. The right arm is pulled up in the forward and upward direction above the right shoulder. After the release the right foot is brought forward and stops the momentum of the body in the forward direction. (Figure 10)

Hammer Throw
The technique of hammer throwing can be divided into the grip and stances, swings, turns, release and reverse.

Grip and stances
The handle is gripped with the left hand and the right hand is kept over it. The thrower attains the stance in rear half of the circle. The feet are shoulder width apart and legs are flexed. The hammer is kept on the right side of the body.

Swings
The thrower swings the hammer twice or thrice around the body. The low point is kept on the right side, while highpoint on the left.

Turns
After the swings, 3-4 turns are performed with heel-ball action. The legs are kept flexed during the turns and the arms are kept straight. Hammer moves from the low to the highpoint and the body of the thrower moves backward in a straight line. The trunk is kept straight and the thrower looks at the hammer.

Release and Reverse
After the completion of the turns, the release is initiated by the extension of the legs and powerful lifting action. The hammer is released approximately at the
shoulder height. In order to retain balance the thrower continues to turn in the same direction and flexes the legs. (Figure 11)

Figure 11 - Hammer Throw

Combined Events
The combined events consist of track and field events. The decathlon has 10 events for men, and heptathlon has seven events for women. The competition is conducted in following sequence in 2 days and the scoring tables are used to evaluate the performance of the athletes.

DECATHLON

<table>
<thead>
<tr>
<th>Day-1</th>
<th>Day-2</th>
</tr>
</thead>
<tbody>
<tr>
<td>100 Mts., Long Jump, Shot-Put, High Jump, 400 Mts. run</td>
<td>110 Mts. Hurdles, Discus throw, Pole vault, Javelin throw, 1500 Mts. run</td>
</tr>
</tbody>
</table>

HEPTATHLON

<table>
<thead>
<tr>
<th>Day-1</th>
<th>Day-2</th>
</tr>
</thead>
<tbody>
<tr>
<td>100 Mts. Hurdles, High Jump, Shot-Put, 200 Mts. run</td>
<td>Long Jump, Javelin Throw, 800 Mts. run</td>
</tr>
</tbody>
</table>
In order to achieve the high level of performance, the proper training is utmost important. The training should start from the general to specific. The physical fitness is the foundation for all the Track & Field events. Though the requirement of every event differs from each other e.g. the speed is mainly required for sprints, endurance for middle and long distance events, while the strength plays the dominant role in throwing events.

**General Fitness**

The overall fitness should include the motor qualities like endurance, strength, speed, flexibility and co-ordination abilities. The training should start with the development of general endurance followed by strength development. Continuous and interval training is used to develop the endurance, while Isometric and Isotonic exercises are used to develop the strength. Static and dynamic exercises are used to improve the flexibility and mobility of the joints of the athletes. The co-ordination drills may be used to develop the co-coordinative abilities. The Conditioning programme should develop all the motor qualities.

**Specific Fitness**

Each event has got specific requirement, accordingly the training programme should be devised, so that the specific systems of the body are developed as per the demand of the events.

**Sprint events**

In sprint events, emphasis should be paid to the development of explosive strength, speed and speed endurance. An efficient system will be able to carry more oxygen and enable the person to run for longer duration with efficiency.
Middle and long distance events
For middle and long distance events the stress should be laid down on the development of the aerobic and anaerobic endurance, as well as on strength endurance. The prime objective remains the development of cardiovascular system of the body.

Hurdle Events
In addition to the requirement of sprints events the hurdlers should work on development of technique, which is attained by improvement of flexibility and coordinative ability. Emphasis should be given to the drills with and without the hurdles.

Jumps
The requirement is very much similar to that of sprints and hurdle events. In addition more stress is paid on the development of explosive strength. The explosive strength is mainly developed by Isotonic Exercises (Weight Training) and Ply-metric (Depth Jumps).

Throws
In throwing events the emphasis should be given for development of strength. The maximum and explosive strength should be developed as per the requirement of the event. The strength is developed by Isotonic and Isometric Exercises. In order to improve the strength of specialized group of muscles, the specialized strength is developed by using the heavier implements and exercises. The movements are performed similar to that of the technique with and without weights.

Combined Events
In combined events the training should balance the weightage given to track events, jumps and throwing events. The methods are same as discussed for the events of these categories earlier. The strength endurance and consistency in techniques are the key factors for success in these events.

Periodization
In order to attain the peak performance at the right time and to distribute the training over the year, the periodization is used. Usually two types of periodization are used; they are single and double periodization. The year is further divided into three parts, preparatory, competition and transition periods.

Single Periodization.

(i) Preparatory Period - 5 to 6 Months
(ii) Competition Period - 4 to 5 Months
(iii) Transition Period - 1 Month
Double Periodization

(i) Preparatory Period - 4 Months
(ii) Competition Period - 2 Months
(iii) Preparatory Period - 3 Months
(iv) Competition Period - 2 Months
(v) Transition Period - 1 Month

The training should be planned from foundation training to the peak performance. The single periodization should be used for beginners and intermediate athletes, while the double periodization is recommended for advance athletes only.

SOME USEFUL TIPS FOR TRAINING:

1. The training should be planned and arranged systematically.
2. In order to have more gain, the continuity of training should be maintained.
3. The load should be given progressively.
4. The training should be based on relationship of load and adaptation
5. A proper warm-up is essential for effectively tackling the training task.
6. The correct sequence of exercise and task helps to achieve a higher training volume by delaying the onset of fatigue.
7. In a training session during the activity the rest pause (Recovery) should be there for better results.
8. A training session should have a cool down (limber down) of 15-30 minutes for recovery and to come back to normal level of functioning.
Rules and Regulations

Track events

1. The length of a standard track shall be 400 meters having two equal straights and equal radius curve.

2. The distances of race shall be measured from the edge of start lines farther from finish to the nearer edge of finish line.

3. The width of lane is 1.22 meters marked by white line 5 cm in width.

4. Starting blocks shall be used for all races up to and including 400 meters and shall not be used for any other race.

5. The word of command for races up to 400 meters is "On your marks", "set", and "go" (sound device) and racer beyond 400 meters, "On your Marks", and "Go" is used.

6. Only one false start is permitted, subsequently anyone makes false start, will be disqualified.

7. False Start:-
   A false start occurs:
   - If any movement is made before firing of the pistol.
   - If undue delay in attaining a particular position occurs.
   - If an intentional obstruction to fellow athlete is made.
   - If any movement occurs while obtaining "Set" position.

8. Athlete should not touch the starting line with hands or feet as the case may be.

9. Athlete in a relay race hold the baton in hand in such a way that it does not touch the ground at the time of starting.
10. Time the command "on your marks" and check that all the athletes are visible.
11. Three watches will be used for individual position, by time keepers.
12. Judges at the finish will observe the positions.
13. Staggers will be given for all those races, where athletes run on curve.
14. An athlete, after voluntarily leaving the track shall not be allowed to continue in race.
15. The time shall be taken from the flash/smoke of the gun or approved starting apparatus.
16. For all hand time races on track, the time shall be read and recorded to the next longer 1/10th of a second.
17. Heats shall be held in track events in which the number of athletes is too large.
18. The following minimum times must be allowed, when practicable, between last heat of any round and the first heat of next round/final.
   - Upto and including 200 meters - 45 minutes
   - Over 200 meters and including 1000 meters - 90 minutes
   - Over 1000 meters - not on same day.
19. In hurdle races- 
   Each athlete shall jump each hurdle, failure to do so will result in a disqualification. In addition an athlete shall be disqualified if:
   - deliberately knocks down any hurdle
   - jumps any hurdle not in his own lane
   - does side hurdling

Judges at the finish
Track judges operate preferably from inside of the track and position themselves on a stair case stand, at least five meters away from the inner border exactly in the line with the finish line.

Relay Races
1. Baton exchange takes place within a 20 meter take-over zone, in addition 10 meter mark is provided prior to the take over zone. In 4x100 meter relay competitors run entire race in their own lane.
2. After handing over the baton, the competitor must remain in his own lane.
3. If baton falls it can be recovered by the runner who caused it to fall and continue the race, provided no other team is disturbed in the act.
4. In 4x400 meter relay the staring line of the first runner of each team is staggered by 1 ½ stagger + diagonal access. The first runner should run in
their own lane and hand over the baton to second runner in the take over zone which are marked 10 meter on either side of the starting line, which is staggered by ½ stagger + diagonal access for the second runner.

5. The second runner should run first curve in his own lane and permitted to cuts-in in the first lane after the junction of the straight. The second and third exchange take place in common take over zone, which is marked by 10 meter either side of the finish line.

**Steeplechase**

1. Athlete may clear hurdle in anyway i.e. going over or clearing by stepping over it.
2. The first hurdle is placed only at the beginning of first lap.
3. The water jump is a fourth jump.
4. As far as possible first hurdle should be 5 meter in width.

**Field events**

1. Avoid, as far as possible, two competitors consecutively participating from the same team.
2. The athlete must participate in accordance with the sequence drawn.
3. If an athlete arrives late, he can be permitted to take trial anywhere in the round which is in progress. But he shall not be given any additional trial to make up for the round already missed.
4. The order in which competitors take trials should be drawn by lots.
5. No competitor can be permitted more than one trial in a round.
6. Except for high jump and pole-vault, three trials are allowed and best eight athletes are provided three additional trials. If there are less than eight competitors, all are allowed six trials.
7. The order of participation for final fourth and fifth trials shall be in reverse order of their performance in first three trials i.e. lowest performer shall take the trials first. The competing order for the final trials shall be in the reverse ranking order recorded after the fifth trial.
8. The throwing sectors of shot put, hammer throw and discus throw is 34.92 degree, 5cm white line is excluded and in javelin landing sector is approximately of 29 degree angle, having 4m wide runway.
9. Except for high jump & pole-vault, in case of tie the second best performance of athlete trying shall resolve the tie.
10. The result of each athlete shall be credited with best of all his trials.

**Judging for height**

1. Starting height is to be announced before the competition to all the competitors.
2. The increments in height to be made are also announced till winner is decided.

3. Bar should be raised not less than 2 cm and 5 cm in high jump and pole-vault respectively.

4. With three consecutive failures regardless of height at which such failure occurs, the competitor is disqualified from the further jumping in the competition.

5. Accurate measurement must be made after each round.

6. Even if a single competitor is left, he continues jumping till he has made three consecutive failures.

7. When only one competitor is left, bar is raised in consultation with the competitor for each round. But this rule is not applied for the combined events.

8. The best jump is recorded for each competitor.

9. Before the competition, the chief judge shall announce to athletes the starting height and subsequent heights to which the bar will be raised, at each round.

10. Competitors are allowed to place removable markers on the runway to help in take off.

11. It is a foul if a competitor knocks off the bar or touches any part of landing area beyond the line of upright with any part of the body or takes off from both feet.

The Tie for High Jump & Pole Vault shall be resolved as follows:

1. The numbers of chances taken at the height last cleared are considered and the athlete with lesser chances is given higher position.

2. For any unresolved position, the total number of failures of the tying competitors is considered for all the heights including last height cleared by them and the one with lower number of failures is awarded higher place.

3. If tie still remains, the athletes are awarded the same place for which they are tying, except for the first place. If the tie is for the first place, the athletes tying are given one more chance at the lowest height at which any one of the tying athletes failed. If both of them clear the height, the bar is raised by 2 cm. The process of lowering or raising the height continues till one of them clears and the other fails.

JUDGING FOR DISTANCE

1. The runway and landing pit must have a levelled surface. The sand must be well dug, soft and moist as a measure of safety.
2. No cheek marks are allowed in the pit. However, competitors may use checkmarks along the runway which are supplied by the organizers.
3. Competitors must take off from take off board, without touching any part or the area beyond the edge of take of board towards the landing pit.
4. Measurements are recorded from the edge of the take off board nearer to the landing area.
5. Three trials are allowed and best eight competitors are given three additional trials.
6. Competitors should complete the trials within one minute after all is set and his/her name has been called.
7. If there are eight competitors or less, they may be allowed six trials straightway.

**Long-Jump**

An athlete shall be disqualified if he:

1. touches an area beyond the edge of take off board nearer to landing pit or an imaginary extension.
2. takes a summersault.
3. does not complete trial within the stipulated period.
4. touches any area outside the jumping pit nearer to the take off board than the mark made in the pit.

**Triple Jump**

1. The sequence should be hop, step and jump.
2. It is not a foul jump if trailing leg touches the runway during the hop.
As the track and field events are mainly individual events (except relays), therefore the selection criteria is "performance based". A team can enter two athletes in an event with 1 reserve, and in walking events 3 athletes can participate. A relay team has total of 4 athletes with 2 reserves. The team should be accompanied by a manager/a lady manager for women team and coach. The manager should make arrangements for the kit of the athletes, travel, medical aid, boarding and lodging facilities during the competitions etc. The manager should keep the record of the performance of the team in the competition. After the competition a meeting of the coach, manager and players should evaluate the performance of the team and make plan for the next training year.
Conduct of

Tournament / Competitions

For smooth conduct of an athletic competition the work can be divided into three types:
(a) Pre-Competition Work.
(b) Competition work
(c) Post-Competition work.

(a) Pre-Competition Work
Pre-meet work starts well before the scheduled competition. Much will depend on the level and standard of competition. Following committee should be formed.
(i) Organizing Committee.
(ii) Finance Committee.
(iii) Technical Committee.
(iv) Events Committee.
(v) Field Preparation Committee.
(vi) Officials Committee.
(vii) Awards Committee.
(viii) Publicity and Programme Committee.
(ix) Invitation Committee.
(x) Boarding and Lodging Committee.
(xi) Transportation Committee.
(xii) Reception Committee
(xiii) Medical Committee.
(b) **Competition Works**

- The director of the competition directs the running of the athletic meet as per programme.
- The technical officials should report at least 30 minutes prior to the start of competitions.
- The announcer, call room manager and the starter hold the key to a successful conduct of the meet.
- Preferably at least two announcers must be assigned the responsibility for announcement.
- The responsibilities to be performed by the announcer are to announce results, scores and performances, to announce calls for the events, to introduce competitors, their lanes and their previous performances and records. Indicating new records, past performances, lap times, distances, heights etc.

**Ceremonies**

Ceremonies should be performed at proper time:

(a) Opening Ceremony
(b) Victory Ceremony
(c) Closing Ceremony

(a) **Opening Ceremony**

(i) Assembly of participants outside the stadium/arena.
(ii) Arrival of the Chief Guest
(iii) Welcome speech
(iv) March past of the teams in alphabetical order
(v) Teams march in and assemble in arena.
(vi) Welcome speech by the President/Chairman/Secretary of the organizing unit; welcomes the Chief Guest and other dignitaries.
(vii) Address by president of the Organizing Committee.
(viii) President requests the Chief Guest to declare the meet open.
(ix) Declaration of meet open, followed by balloon release or crackers burning.
(x) Flag hoisting
(xi) Torch Relay
(xii) Oath taking by local captain. "In the name of all the competitors I swear that we shall take part in the (name of competition) . . . . . . . . . . . . . . . abiding by the rules, which govern them without the use of doping and drugs in the true spirit of sportsmanship for the honour of our teams and glory of sport."
(b) Victory Ceremony
The victory ceremony of the events should be done at regular intervals. The announcer announces the medal winners and the guest of honor for the ceremony and also a person to escort him/her. The third place should be given first, followed by second and first; suitable music may be played.

(c) Closing Ceremony
(i) Assembly of the teams outside arena.
(ii) Arrival of the Chief Guest.
(iii) Welcome of Chief Guest.
(iv) Address by the Chief Guest.
(v) Presentation of competition/meet report.
(vi) Declaration of meet closed.
(vii) Lowering of Flag and hand over to next organizing unit.
(viii) Vote of thanks.
(ix) Extinguishing of the flame.
(x) Get together with refreshment.

Post-Meet Work
At conclusion of the competition, final results should be tabulated. All compiled results should be handed over to the coaches, managers or captains of all teams. Final report should be prepared in detail and submitted to the executive committee. Borrowed equipments etc. should be returned in time. The letter of thanks and appreciations should be sent to all the officials, organizers and related agencies who have helped in the successful conduct of the competitions.
Scoring Pattern

Team championship can be decided on the basis of overall points. The points system can be decided at the local level; however, a suggested system could be as follows:

<table>
<thead>
<tr>
<th>Position</th>
<th>Individual event (Points)</th>
<th>Relays (Points)</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>05</td>
<td>10</td>
</tr>
<tr>
<td>II</td>
<td>03</td>
<td>06</td>
</tr>
<tr>
<td>III</td>
<td>01</td>
<td>02</td>
</tr>
</tbody>
</table>