*Track and Field*

HISTORY

Also known as: *Track*

Origin of name: *The name of Track and Field came from Greece. It was first played there as an Olympic sport.*

Invented/created by: Track and Field started when a nearby cook from thee nearby city of Elis won a 600 foot race at the first Olympics. Made in british

ORGANIZATION

Highest international body: *INTERNATIONAL GROUP THAT OVERSEES SPORT RULESIAAF- International Association of Athletics Federation*

United States body: *USATF*

USA Pro Level Association: National Championships

Local Organizations: Equus Athletics, LA Jets

College that offers Sport:  *Stanford, UCLA, Harvard Csun UCSD*

BASICS

Objective: The objective of Track and Field is to do better than your competitors in that specific event

5 basic rules:

A player may not tape his or her fingers together.

The length before a long jump is unlimited.

All throws and jumps must immediately be measured after each attempt.

In a relay race, the exchange zone is 20 meters long.  
All measurements must be read by the field judges.

Number of players: Some events are individual, but a relay race has 7 people per team.

Scoring system: *It depends on the number of people at the event. If there is eight people, first place gets 10 points, second gets 8, third gets six, and so on. If there is three people, the scoring system is 5,3,1.*

surface/court/field of play description: *There is a track that usually equals to 11 laps per mile.*

Pictures (equipment, player, field of play):

