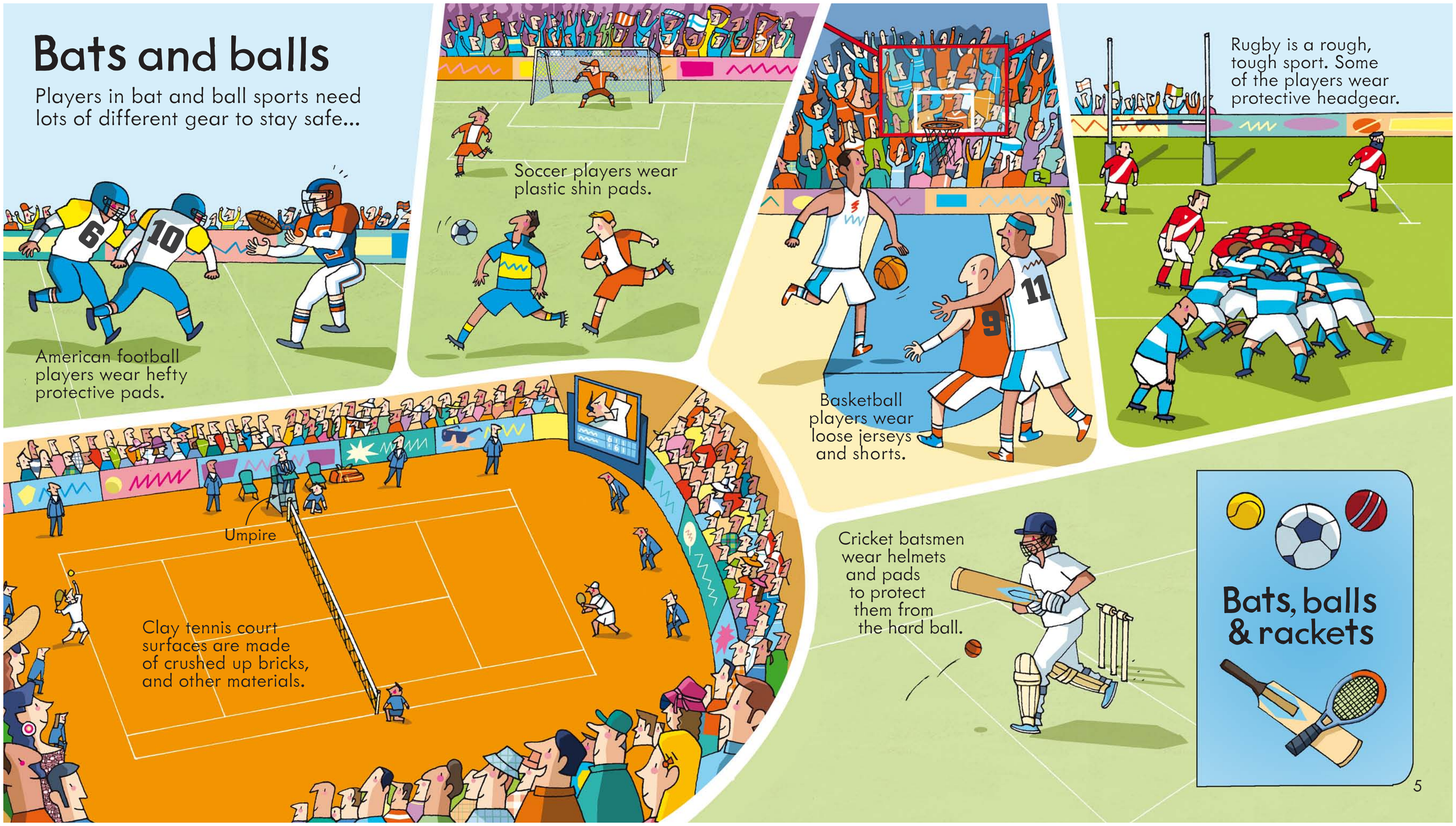
Track and field
Athletics involves two types of sports. Track events are mostly running races on a track...
...and field events involve jumping or throwing things. These take place on this grassy field.
Races are started by an official near to the starting line.
"On your marks!"
To get a speedy start, athletes put their feet in 'starting blocks'...
The high jump is all about who can jump the highest.
The long jump is all about who can jump the furthest.
9 8 7 6 5 4
The speediest sprinters run 100m in less than 10 seconds.
In hurdle races, athletes leap over raised bars (hurdles) along the track.
Sometimes it's hard to tell who won.
The winners get medals.
Pole vaulters jump up and over a very high bar.
There are four throwing events in athletics...

Bats and balls

Players in bat and ball sports need lots of different gear to stay safe...