



## MAJOR EVENT ACTIVITY BOOKLET



# INTRODUCTION

This resource booklet has been developed by **scottishathletics**, with the support of Glasgow's PEPASS team to help you learn more about athletics and the countries competing in major athletics championships. In this booklet you will:

- Research athletes, countries and the equipment involved in indoor or outdoor major athletics championships;
- Complete creative tasks to profile and promote major athletics championships and design kits for athletes;
- Sort athletics championships results into order to identify the Gold, Silver and Bronze medallists.

## HISTORY

Athletics has a rich sporting history. In fact, early competitive forms of athletics can be traced back to the ancient Olympic Games from 776 BC.

In 1912 the International Amateur Athletic Federation was founded bringing standardisation to events and equipment. They also started introducing and recording world records.

The athletics events at the Commonwealth Games have been held at Meadowbank in Edinburgh twice (1970 & 1986) and at Hampden in Glasgow in 2014.

Numerous Scottish athletes have held world and European records over the years. All current world records and information on past records can be viewed at the following links:

<https://www.worldathletics.org/>

<https://www.paralympic.org/athletics>

## MAJOR ATHLETICS CHAMPIONSHIPS

Whether it be a major international multi-sport event such as the Olympic Games, or an athletics specific event such as the World Championships, most years there is a major athletics championship for athletes to prepare for.

These championships take place both indoor and outdoor in venues across the World bringing together hundreds of athletes competing in various different athletic disciplines.

In 2019, the premier indoor athletics venue in Scotland, the Emirates Arena, hosted the European Indoor Athletics Championship.

## EVENTS

The majority of events in major athletics championships are individual with the only team events being the 4x100m relay and the 4x400m relay.

Most athletes will compete in one or two events, however, for those who compete in the pentathlon, heptathlon or decathlon they compete over two days across a variety of running, jumping and throwing events.

At the Commonwealth Games para athletics events are integrated into the main programme while at the Olympics and World Championships they have their own separate games. There are some events that are unique to para championships, for example, club throw and race running.

## COVERAGE

During a major athletics championship thousands of spectators from around the World will travel to the host city to see their athletes compete for gold.

The events will be broadcast across the globe with more traditional media outlets such as television and radio winning rights to provide coverage.

Social media now provides a great platform for sharing highlights of the action quickly to spectators across the world.

## USEFUL LINKS

Please use the following links to help you complete the tasks in the workbook and to learn more about major athletics championships.

<https://www.scottishathletics.org.uk/>

<https://www.britishathletics.org.uk/>

<https://www.britishathletics.org.uk/athletes/>

<https://www.worldathletics.org/>

<https://www.worldathletics.org/athletes-home>

<https://www.paralympic.org/>

<https://www.paralympic.org/athletics>

<https://www.european-athletics.org/athletes/>




















































<https://www.olympic.org/>

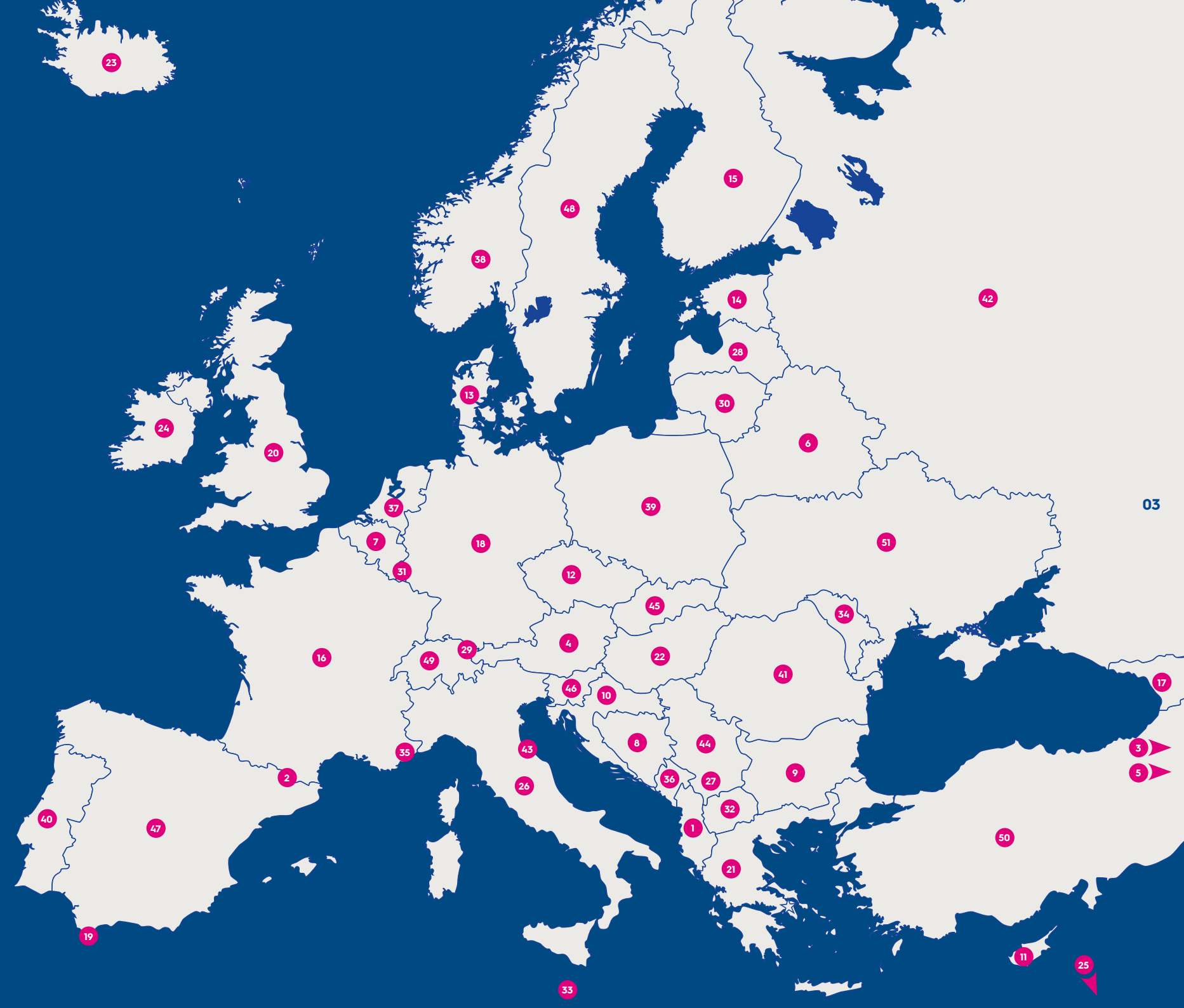


# IDENTIFY THE COMPETING COUNTRIES

Using the map of Europe on the next page and the flags shown below, see how many of the European countries that compete in major athletics championships you can identify.

You may wish to complete this task with a partner or group of classmates.

1 	12 	22 	32 	42 
2 	13 	23 	33 	43 
3 	14 	24 	34 	44 
4 	15 	25 	35 	45 
5 	16 	26 	36 	46 
6 	17 	27 	37 	47 
7 	18 	28 	38 	48 
8 	19 	29 	39 	49 
9 	20 	30 	40 	50 
10 	21 	31 	41 	51 
11 				



# COUNTRY FACT FILE

## GREAT BRITAIN & NI

**Interesting fact:** Scotland, England and Wales have all hosted the Commonwealth Games with Edinburgh hosting them twice and Glasgow hosting them once.



## CHALLENGE

Choose a country to research and write a fact file on that country. Use the example on Great Britain for ideas of what you can include.

**Population:** .....

**Capital City:** .....

**Currency:** .....

**Distance from home:** .....

## Famous sports people:

**Interesting fact:** .....



# EVENTS AND EQUIPMENT

At all major athletics championships several events will take place at the same time and in the same venue. For example, you may have 100m heats running while high jump and shot put take place on the infield. This helps to create an electric atmosphere for the athletes, coaches, officials and spectators.

Over the competition days it takes hundreds of volunteers to support the delivery of the event and at least 100 officials to ensure the events are run safely and rules are followed.

With hundreds or sometimes thousands of athletes competing in major athletics championships there is a lot of equipment required to ensure each individual event goes ahead and runs smoothly.

See if you can complete the table below highlighting one piece of equipment that you think is required for each of the events listed.

EVENT	EQUIPMENT REQUIRED
60/100 metres sprint	
60/100 metres hurdles	
800 metres	
Hammer	
Long jump	
Pole vault	
Relay	
Race Running	

**CHALLENGE 1:** Can you name 12 events that athletes will compete in at the next major athletics championship?

1

2

3

4

5

6

7

8

9

10

11

12

**CHALLENGE 2:** Can you name the events that make up the women's pentathlon (indoor) or heptathlon (outdoor) event?

1

2

3

4

5

6

7

**CHALLENGE 3:** Can you name the events that make up the men's heptathlon (indoor) or decathlon (outdoor) event?

1

2

3

4

5

6

7

8

9

10

# MAJOR ATHLETICS CHAMPIONSHIPS - RESULTS

At all major, national and local events qualified officials play an extremely important role in ensuring that events run smoothly, and results are accurately recorded.

In all track events the results are determined by the times recorded by each athlete. The athlete recording the fastest time will win the event. In throwing events the results are determined by the distance thrown. For example, in Shot Put, the athlete throwing the shot put furthest will win the event.

Major athletics championship normally feature four jumps events. There are two horizontal jumps – long jump and triple jump, and two vertical jumps – high jump and pole vault. In the horizontal jumps the athlete jumping the furthest distance from the take-off board into the sand pit wins the event. In vertical jumps the results are determined by the height jumped. The athlete clearing the bar at the highest height wins the event.



# CHALLENGE

Put the results from the following major championships, into the correct order to determine who won the **Gold (1st)**, **Silver (2nd)** and **Bronze (3rd)** medals.

IAAF WORLD ATHLETICS CHAMPIONSHIPS 2019, DOHA  
MEN'S 100M FINAL

ATHLETE	TIME (SEC)
Zharnel Hughes (GBR)	10.03
Yohan Blake (JAM)	9.97
Christian Coleman (USA)	9.76
Akani Simbine (RSA)	9.93
Justin Gatlin (USA)	9.89
Filippo Tortu (ITA)	10.07
Aaron Brown (CAN)	10.08
Andre De Grasse (CAN)	9.90



ATHLETE	TIME (SEC)
1	
2	
3	
4	
5	
6	
7	
8	



1

2

3

PARALYMPIC GAMES 2016, RIO DE JANEIRO  
WOMEN'S 200M T11

ATHLETE	TIME (SEC)
Cuiqing Liu (CHN)	24.85
Terezinha Guilhermina (BRA)	DQ
Libby Clegg (GBR)	24.51
Guohua Zhou (CHN)	24.99



ATHLETE	TIME (SEC)
1	
2	
3	
4	



1

2

3

IAAF WORLD ATHLETICS CHAMPIONSHIPS 2019, DOHA  
WOMEN'S HAMMER THROW

ATHLETE	MARK (M)
Joanna Fiodorow (POL)	76.35
Zalina Petrivskaya (MDA)	74.33
Alexandra Tavernier (FRA)	73.33
DeAnna Price (USA)	77.54
Na Luo (CHN)	72.04
Hanna Skydan (AZE)	72.83
Zheng Wang (CHN)	74.76
Iryna Klymets (UKR)	73.56



ATHLETE	TIME (SEC)
1	
2	
3	
4	
5	
6	
7	
8	



1

2

3



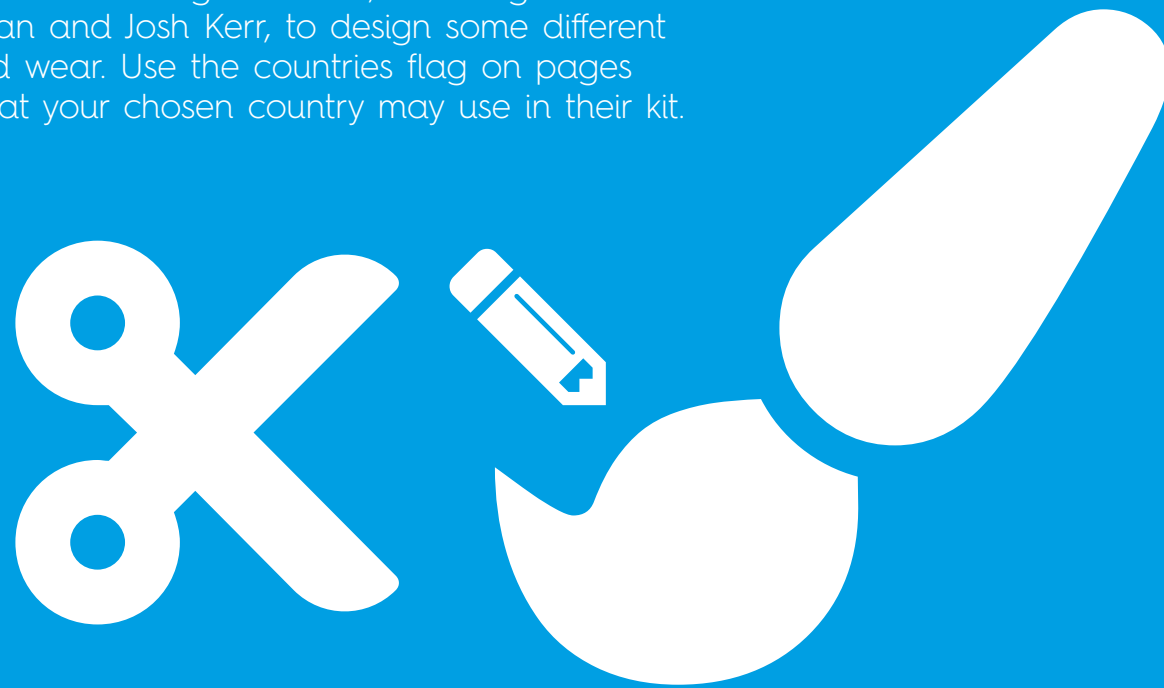
# DESIGN A KIT

All teams competing in major athletics championships will have their own bespoke kit. This makes it easier for spectators both in the stadium and watching at home to identify what countries the athletes are from.

The athletes will have competition kit to wear while they compete and in addition, they will have a tracksuit for medal ceremonies and travelling to and from the competition venue. The different kits on display during the Championships will be made by a variety of manufacturers such as Joma, New Balance, Nike and Adidas.

## CHALLENGE

Choose a competing country and use the image overleaf, featuring Scottish athletes Neil Gourlay, Jake Wightman and Josh Kerr, to design some different options for vests that country could wear. Use the countries flag on pages 3 and 4 to help identify colours that your chosen country may use in their kit.



**BELIEVE, BELONG, ACHIEVE** TOGETHER

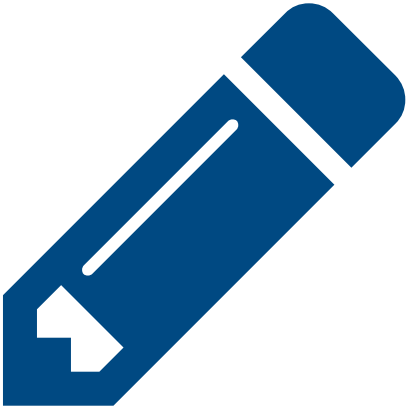


# JOURNALISM



## CHALLENGE

Choose one or two athletes from a country that competes in major athletics events and write an article, in the style of a website report, about the athletes. Use the useful links provided at the start of the booklet to profile an athlete(s) from a major athletics or para athletics Championship. You can write about their performances in previous Championships, awards and medals they have won, and things that they do when not taking part in athletics.

This image shows a blank sheet of white paper designed for handwriting practice. It features two vertical columns of horizontal blue lines. Each column contains ten lines, evenly spaced from top to bottom. The lines are a light blue color and extend across the width of their respective columns. There are no margins, text, or other markings on the page.



# VISIT A COMPETING COUNTRY

During any major athletics championship athletes, coaches, team managers and supporters will face significant challenges to travel to, and stay in, the host country. From expensive and lengthy flights to providing food that their athletes are used to eating, there are a lot of things that countries travelling to a host country need to consider.

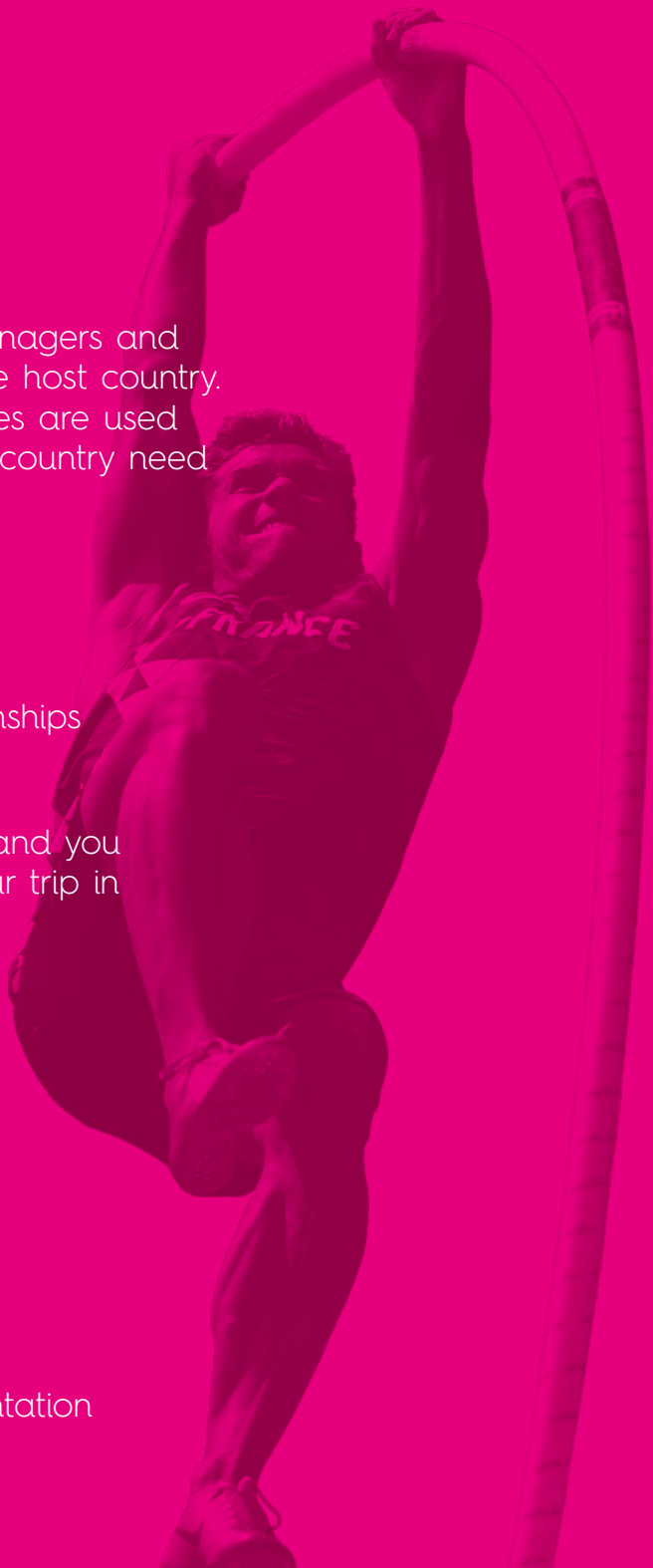
## CHALLENGE

Pick a country that is competing in the next major athletics championships and plan a visit for you and your family to the country.

Your class teacher will allocate you a budget to spend on your trip and you will need to research the following items to ensure you can bring your trip in on, or under, budget.

- How long will you stay?
- Flights
- Airport transfer
- Hotel
- Landmarks to visit and travel to get there
- Anything else you would like to do e.g. attend a sports event
- Spending money (including meals)

Once you have finished planning your trip prepare a 5-minute presentation to share with your classmates.



**COUNTRY:**.....

**BUDGET:**.....

### FLIGHT DETAILS:

- Departure date.....
- Return date.....
- Cost.....

### TRANSFER TO AND FROM AIRPORT:

- Details.....
- Details.....
- Cost.....

### HOTEL:

- Details.....
- Details.....
- Cost.....

### TRIPS (LANDMARKS TO VISIT):

- Details.....
- Details.....
- Cost.....

### OTHER (INCLUDING SPENDING MONEY):

- Details.....
- Details.....
- Cost.....

- Details.....
- Details.....
- Cost.....

# TOTAL COST

£ .....

# DESIGN A POSTER

Now that you have learned about some of the countries, events and athletes involved in major athletics championships, it is time to capture some of what you have learned in a poster. Your teacher may wish to display the posters in your classroom or elsewhere in the school to share your work with others.

## CHALLENGE 1

Conduct some research to find out what the next major international athletics event is. Choose a country that will compete in that event and design a mainly visual poster.

Your poster could include the country's flag, famous landmarks, what they like to eat, what sports they like to play and words in their language.

Once you have completed your poster they could be displayed in your classroom or elsewhere in the school.

**Design your poster on the next page.**

## CHALLENGE 2

Alternatively, using the information provided in this workbook and research you conducted, design an advert for social media to promote the next major international athletics event.

Consider where this advert would be used, who your target audience would be and what information and images you would like on the advert to sell the event.





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and jogging  
groups in EVERY  
local authority  
in Scotland**

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**🐦 @scotathletics**

**🌐 [www.scottishathletics.org.uk](http://www.scottishathletics.org.uk)**

**[development@scottishathletics.org.uk](mailto:development@scottishathletics.org.uk)**

**scottishathletics** 

**sportscotland**  
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