

WHAT YOU NEED

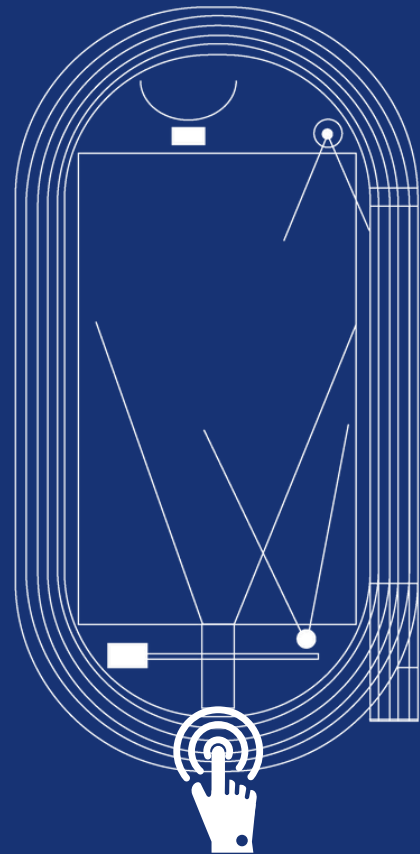
SHOES

Shoes vary based on the event. Spikes are ideal for sprints, jumps, and middle-distance races, offering grip and speed on the track. For throwing events like shot put and discus, flat-soled shoes ensure stability and smooth rotations. Long-distance runners may prefer cushioned running shoes.

OUTFIT

Athletics outfits depend on the event and the athlete's personal preferences. Tight-fitting, lightweight clothing is common for sprints and jumps to reduce air resistance, while throwers might prefer slightly looser attire for better range of motion.

THE STADIUM



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WHAT YOU NEED

JAVELIN

The javelin is a long spear, weighing 600g for women and 800g for men, designed for precision and distance during a run-up and throw.



DISCUS

The discus is a flat, circular disc weighing 1 kg for women and 2 kg for men, requiring rotational technique for optimal throw length.



HAMMER

The hammer is a metal ball attached to a wire and handle, weighing 4 kg for women and 7.26 kg for men. It requires controlled spinning for maximum throw distance.



SHOT

The shot is a heavy metal ball, weighing 4 kg for women and 7.26 kg for men, thrown using a pushing motion from a stationary ring.



POLE

The pole for pole vaulting is a long, flexible rod made of materials like fiberglass or carbon fiber, customized in length and stiffness to suit the athlete. It is used to propel athletes over a high bar during their vault.



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HURDLES

Hurdles are lightweight barriers used in races, with heights varying by event and category. For senior men, they are 106.7 cm in 110m hurdles and 91.4 cm in 400m hurdles. For senior women, they are 83.8 cm in 100m hurdles and 76.2 cm in 400m hurdles.



BATON

The baton is a lightweight, hollow tube, typically 30 cm long, used in relay races for smooth handoffs between team members during the race.



STARTING BLOCK

Starting blocks are adjustable footrests fixed to the track, providing sprinters with a stable and explosive start in races up to 400 meters.

