

## WHAT YOU NEED

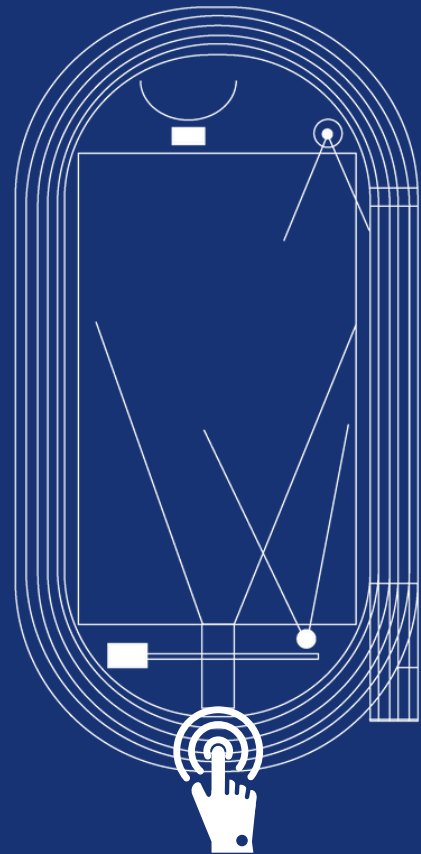
### SHOES

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



[Click here for Interactive Overview](#)

