



Light athletics

Light athletics - is an Olympic sport that includes running, walking, jumping and throwing. Combines the following disciplines: cross-country types, race walking, technical types (jumping and throwing), all-around, running (running on the highway) and crosses (cross-country running). One of the main and most popular sports.



The highest governing body governing the competition and the development of athletics as a sport is the International Association of Athletics Federations (IAAF). The IAAF defines international competition rules and maintains a world ranking of top athletes. The main competitions held under the auspices of the IAAF are the athletics competitions in the program of the Olympic Games, as well as the world championships in open-air and indoor stadiums.

Non-profit competitions

Summer Olympics - track and field athletics in the program of the Games since 1896.

World Championships in Athletics - held since 1983, once every two years for odd-numbered years. Championship 2013 was held in Moscow. The next championship was held in 2015 in Beijing.

The World Indoor Championships have been held since 1985, once every two years in even years. The last championship was held in 2014 in Sopot (Poland).

European Championships in Athletics - held since 1934, once every four years, since 2010 - once every two years. Championship 2014 was held in Zurich (Switzerland).

Junior World Championships - held every two years, starting in 1986. Athletes under the age of 19 are allowed to participate.

World Championship for boys and girls - held every two years since 1999. Athletes who in the year of competition will be 16 and 17 years old are allowed to participate.

The European Indoor Championships have been held since 1966, once every two years in odd-numbered years. The next championship was held from 3 to 5 March 2017 in Belgrade.

The IAAF Continental Cup (team competitions; previously - the World Cup in Athletics) - is held every four years. The next Cup was held in 2014 in Marrakesh (Morocco).

The World Championship in Cross Country Run - held annually since 1973. Since 2011, held every two years.

World Race Walking Cup - held every two years.

World Half Marathon Championships - held since 1992

Commercial competitions

Grand Prix - a cycle of summer competitions, held annually and ending with the Grand Prix finals.

The IAAF Golden League is an annual series of competitions in athletics in 1998-2009.

The IAAF Diamond League is a cycle of competitions held annually since 2010.

The IAAF Relay Challenge is the annual world relay championship.

IAAF Road Race Label Events is an international road race competition.

Calling the IAAF for all-around events - a series of all-around competitions, held since 1997.

The IAAF's challenge to race walk is a series of race walk competitions.

The IAAF Hammer Throw is an annual series of hammer throw competitions.

IAAF Indoor Permit - an annual series of indoor competitions.



The athlete or team who has shown the best result in the final race or in the final attempts of technical disciplines within the rules becomes the winner of the competitions in athletics.

The championship in cross-country athletics (on the stadium track) is carried out in several stages: qualification, final, $\frac{1}{2}$ final. As a result of the selection, the athletes (teams) who will play the final are determined. The number of participants is determined by the competition regulations. For example, at the Olympic Games in each number of the program a country may be represented by at least one participant and a maximum of three (subject to the preliminary standard). In the relay race the country is represented by one team. In the cross, running on the highway, walking and all-around there are only finals.





Athletics refers to a very conservative sports. Thus, the program of men's disciplines in the program of the Olympic Games (24 species) has not changed since 1956 [4]. The program of female species [5] includes 23 species. The only difference is walking 50 km, which is not on the women's list. Thus, athletics is the most medal-intensive among all Olympic sports.

The indoor championship program consists of 26 types (13 male and 13 female).

At official (non-commercial) competitions, men and women do not participate in joint competitions.



One of the athletes who won the most gold medals in the history of the Olympic Games is Usain Bolt (Jamaica) and Paavo Nurmi (Finland) - 9 gold medals. Outstanding results in the history of world sports showed such athletes as:

Kenenisa Bekele (Ethiopia)

Usain Bolt (Jamaica)

Sergey Bubka (USSR, Ukraine)

Haile Gebreselassie (Ethiopia)

Michael Johnson (USA)

Jan Zhelezny (Czechoslovakia, Czech Republic)

Emil Zatopek (Czechoslovakia)

Robert Korzeniowski (Poland)

Al Oerter (USA)

Jesse Owens (USA)

Fanny Blankers-Kun (Netherlands)

Tatyana Kazankina (USSR)

Irena Shevinska (Poland)

Helke Drechsler (GDR)

Wilma Rudolph (USA)

Stefka Kostadinova (Bulgaria)

Jackie Joyner-Quercy (USA)

Meseret Defar (Ethiopia)

Tirunesh Dibaba (Ethiopia)

Elena Isinbayeva (Russia)