

# HIGHLAND GAMES

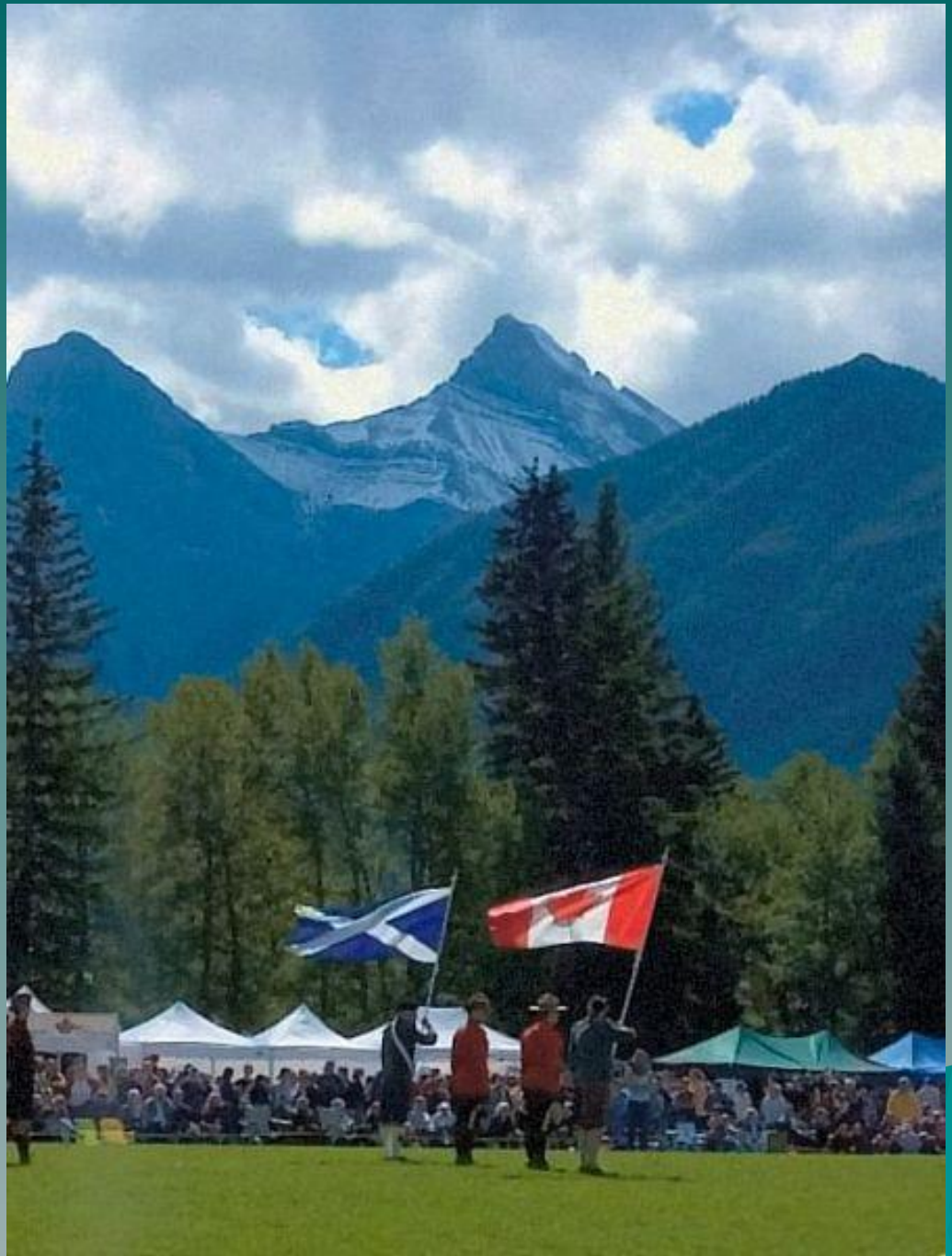
Traditions are alive.



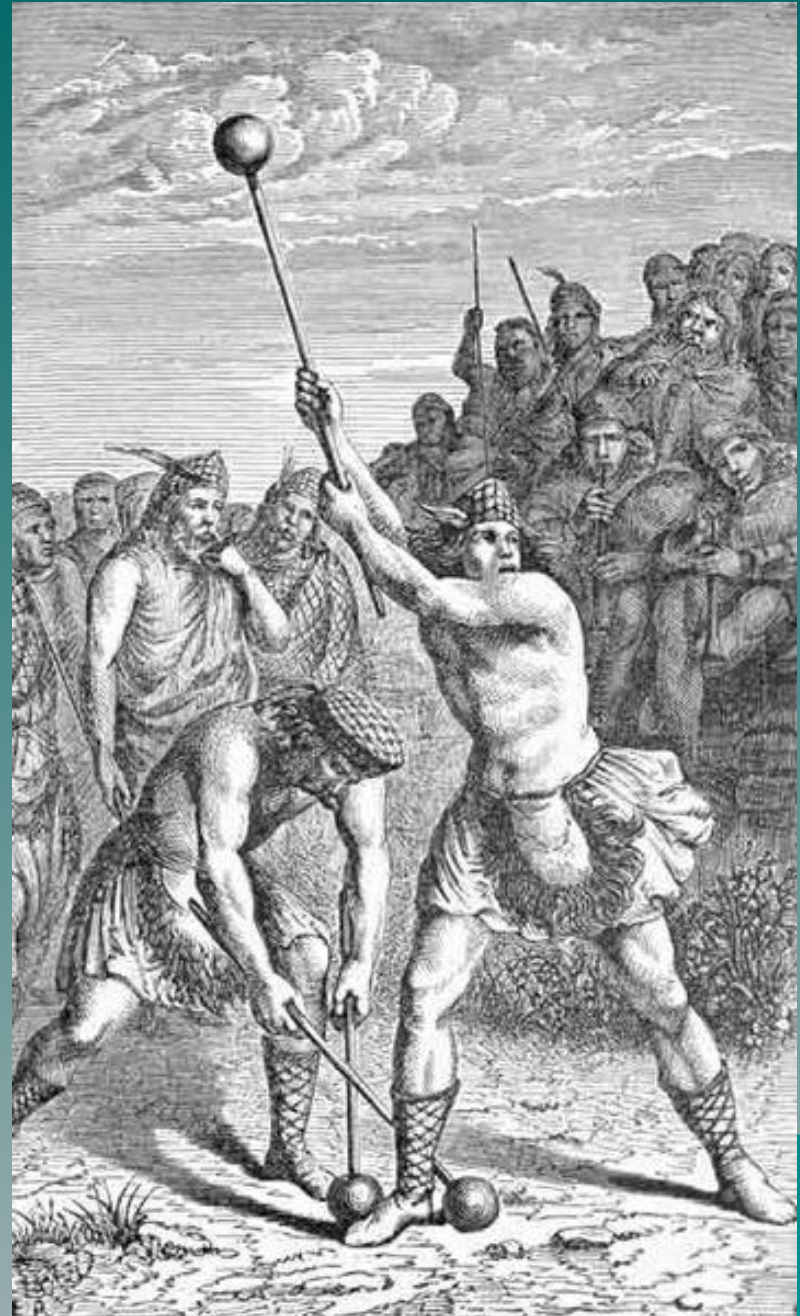
School 566

Moscow 2011

**Highland games**  
are events held  
throughout the  
year in Scotland  
and other  
countries as a  
way of  
celebrating  
Scottish and  
Celtic culture  
and heritage,  
especially that of  
the Scottish  
Highlands.



- ◆ The origin of human games and sports predates recorded history. An example of a possible early games venue is at Fetteresso, although that location is technically a few miles south of the Scottish Highlands.





- ◆ **Caber toss:**
- ◆ A long tapered pine pole or log is stood upright and hoisted by the competitor who balances it vertically holding the smaller end in his hands (see photo). Then the competitor runs forward attempting to toss it in such a way that it turns end over end with the upper (larger) end striking the ground first.

- ◆ **Stone put:** This event is similar to the modern-day shot put as seen in the Olympic Games. Instead of a steel shot, a large stone of variable weight is often used.



- ◆ **Scottish hammer throw:** This event is similar to the hammer throw as seen in modern-day track and field competitions, though with some differences. In the Scottish event, a round metal ball (weighing 16 or 22 lb for men or 12 or 16 lb for women) is attached to the end of a shaft about 4 feet in length and made out of wood, bamboo, rattan, or plastic.



- ◆ **Weight throw**, also known as the weight for distance event. There are actually two separate events, one using a light (28 lb for men and 14 lb for women) and the other a heavy (56 lb for men, 42 lb for masters men, and 28 lb for women) weight.





- ◆ **Weight over the bar, also known as weight for height. The athletes attempt to toss a 56 pound (4 stone) weight with an attached handle over a horizontal bar using only one hand.**



- ◆ **Sheaf toss** is a traditional Scottish agricultural sport event originally contested at country fairs. A pitchfork is used to hurl a burlap bag stuffed with straw over a horizontal bar above the competitor's head.



- ◆ For many Highland games festival attendees, the most memorable of all the events at the games is the massing of the pipe bands. Normally held in conjunction with the opening and closing ceremonies of the games, as many as 20 or more pipe bands will march and play together. The result is a thunderous rendition of traditional favourites Scotland the Brave or Amazing Grace, and other crowd-pleasing favorites.

