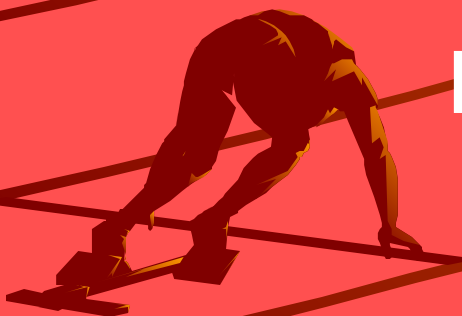


# Athletics. Run

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Группы: ЭВТ-16



# Run

Running is one of the ways of movement (locomotion) of man and animals; differs by the presence of so-called. "Flight phase" and is realized as a result of the complex coordinated activity of skeletal muscles and limbs.



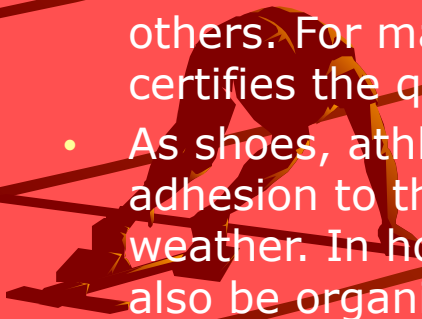
# Run

- Running competitions are one of the oldest sports for which the official competition rules were approved and were included in the program from the very first Olympic Games of 1896. For runners, the most important qualities are: the ability to maintain high speed at a distance, endurance (for medium and long), speed endurance (for a long sprint), reaction and tactical thinking. Cross-country kinds enter as a part of disciplines of track and field athletics, and in many popular kinds of sports separate stages (in relay races, all-round events).



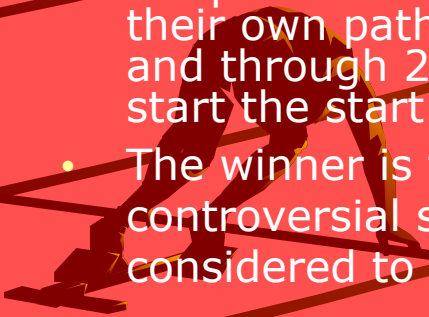
# Conditions

- Competitions for running are held at special athletics stadiums with equipped tracks. In summer stadiums usually 8-9 tracks, on winter 4-6 tracks. The width of the track is 1.22 m, the line dividing the tracks is 5 cm. The tracks are marked with a special marking indicating the start and finish of all distances and corridors for the transfer of the baton.
- The competitions themselves almost do not require any special conditions. A certain value has a covering made of a treadmill. Historically, at first the tracks were earthy, cindery, asphalt. Currently, the tracks in the stadiums are made of synthetic materials such as tartan, rekortan, regpol and others. For major international launches, the IAAF Technical Committee certifies the quality of coverage for several classes.
- As shoes, athletes use special running shoes - studs, which provide good adhesion to the coating. Running competitions are held almost in any weather. In hot weather, in the running for long distances, food points can also be organized.



# Rules

- At the start, the athletes take their positions according to the lot or places occupied at the previous stages of the competition. At a command "on start" take places at a starting line or in колодках (sprint). At a command "attention" prepare for start and should stop any movement (the command is applied only in sprint). The command "march" gives the starter a shot of the starting pistol with which an electronic timer is connected at major competitions.
- During the run, athletes should not interfere with each other, although when running especially for long and medium distances contact runners are possible. At distances from 100 m to 400 m, athletes run each along their own path. At distances from 600 m - 800 m begin on different paths and through 200 m they leave on the common path. 1000 m and more start the start by the general group at the line indicating the start.
- The winner is the one who crosses the finish line first. In the case of controversial situations, photofinish is involved and the first athlete is considered to be the athlete, whose torso first crossed the finish line.



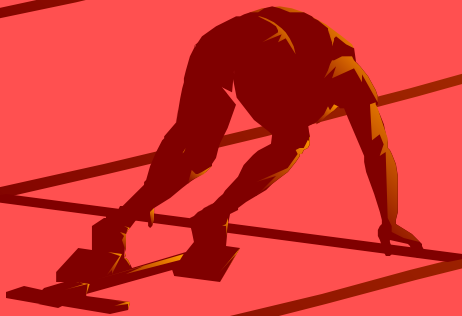
# Disciplines

1. Sprint
2. Average (stayer) distances
3. Long distances
4. Running jogging
5. Heg with barriers
6. Relay race



# Олимпийские чемпионы по бегу

- Yuriy Borzakovskiy
- Svetlana Masterkova
- And etc.



Thank you for attention!

