Unit 19 — English for Track and Field

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Cool-down

Activities done after exercise to gradually reduce heart rate.

"A proper cool-down helps in recovery."

Discus

A throwing event using a heavy disc.

"She achieved a long distance with the discus."

Finish

The end line of a race or the final moment of competition.

"He sprinted toward the finish line."

High jump

An event where competitors jump over a horizontal bar.

"The high jump demanded excellent technique."

Hurdle

An obstacle to be jumped over during a race.

"He cleared every hurdle with ease."

Javelin

A spear-like object thrown for distance.

"He launched the javelin with great force."

Jump

A general term for events involving leaping for distance or height.

"Her jump was impressive at the meet."

Lane

A designated path on the track for each runner.

"He stayed in his lane throughout the race."

Long jump

An event measuring the horizontal distance jumped.

"She set a new record in the long jump."

Pace

The speed at which an athlete runs over a distance.

"Maintaining a steady pace is crucial in long-distance events."

Pole vault

An event in which athletes use a pole to jump over a bar.

"The pole vault requires both strength and agility."

Record

The best performance recorded in an event.

"She broke the school record in the 100-meter dash."

Relay

A race in which team members pass a baton to each other.

"Their relay team broke the school record."

Runner

An athlete who competes in running events.

"Every runner gave their best effort."

Sprint

A short-distance, high-speed run.

"She won the sprint with a burst of speed."

Stamina

The endurance required to sustain prolonged physical activity.

"Building stamina is key to success in middle-distance races."

Starter

The official who signals the beginning of a race.

"The starter fired the gun to start the race."

Throw

An action in which an object is propelled using force.

"He perfected his throw during practice."

Track

The oval surface on which running events take place.

"The track was freshly marked for the race."

Warm-up

Exercises performed before competition to prepare the body.

"A good warm-up prevents injuries."