

## Unit 19 — English for Track and Field

### 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."