

Athletics is a sport, comprising a group of athletic events or disciplines, each of which involves either running, walking, throwing or jumping. It is divided into: track, field.

Track Events

Men and women do not compete against each other, although they may sometimes run in the same races due to time constraints at high school meets. Women generally run the same distances as men although hurdles and steeplechase barriers are lower and the weights of the shot, discus, javelin and hammer are less.

- Track events - running events conducted on a 400 m track.
 - Sprints: events up to and including 400 m. Common events are 60 m (indoors only), 100 m, 200 m, 300 m and 400 m.
 - Middle distance: events from 800 m to 3000 m, 800 m, 1500 m, mile and 3000 m
 - Steeplechase - a race (usually 3000 m) in which runners must negotiate barriers and water jumps.
 - Long distance: runs 5000 m or over. Common events are 5000 m and 10000 m. Less common are 1, 6, 12, 24 hour races.
 - Hurdling: 110 m high hurdles (100 m for women) and 400 m intermediate hurdles (300 m in some high schools).
 - Relays: 4 x 100 m relay, 4 x 400 m relay, 4 x 200 m relay, 4 x 800 m relay, 4 x 1 Mile relay, etc. Each runner must hand off the baton to the next runner within a certain zone, usually marked by triangles on the track.
- Road running: conducted on open roads, but often finishing on the track. Common events are over 5 km, 10 km, half-marathon and marathon. The marathon is the only common road-racing distance run in major international athletics championships such as the Olympics.
- Race walking: usually conducted on open roads, but is also a typical event in high school meets. Common events are 10 km, 20 km and 50 km.
- **Field events**
 - Throwing events
 - Shot put an athletics event involving "putting" (throwing in a pushing motion) a heavy metal ball (called the shot) as far as possible.
 - Hammer throw is an athletic throwing event where the object is to throw a heavy metal ball attached to a wire and handle.
 - Javelin throw is an athletics throwing event where the object to be thrown is the javelin, a spear-like object made of metal, fiberglass and, in some cases, carbon fiber.
 - Discus throw is an athletic throwing event competition. The **discus**, the object to be thrown, is a heavy lenticular disc.
 - Jumping events
 - High jump is an athletics event in which competitors must jump over a horizontal bar placed at measured heights without aid of any devices.
 - Pole vault is an athletics event where a person uses a long, flexible pole as an aid to leap over a bar.
 - Long jump is an athletics event in which athletes combine speed, strength, and agility in an attempt to land as far from the take-off point as possible.

- Triple jump is an athletics event, previously also known as "hop, step and jump", whose various names describe the actions a competitor takes. The athlete runs down a runway until he reaches a designated mark, from which the jump is measured.

Combined or Multi events

Pentathlon :

- Shooting
- Fencing
- Swimming
- Riding
- running

Heptathlon :

- 100 m hurdles
- high jump
- shot put
- 200 m
- long jump
- javelin throw
- 800 m

Decathlon

The decathlon includes five events on each of two successive days. The first day schedules the:

- 100-metre run,
- long jump,
- shot put,
- high jump
- 400 metres.

It is a day of speedy movement, explosive power, and jumping ability.

- Day 2 consists of
- the 110-metre hurdles,
- discus,
- pole vault,
- javelin, and
- 1500 metres.

The importance of this day is on technique and endurance.