



Summary

Track and Field, Road running, Race walking, Cross Country running, Mountain running and Trail running are altogether known as Athletics. Except Marathon Race, all running events are held in the track, jumping and throwing events are competed in fields as such they are collectively termed as Track and Field.

The first recorded athletics champion was Ceorocbas of Elis who won the 192'8 meters long sprint known as Stadia in the first ancient Olympic Games held in 776 B.C.E. at Olympia. The Games continued till 393 A.D.

After 1503 years when the Games were revived at Athens in 1896 there were 13 athletic events in the programme and each and every event attracted a number of spectators and the introduction of Marathon race in the Games made athletics more popular.

The International Association of Athletics Federation, the world governing body of athletics was formed in 1912 and athletics has become a worldwide popular sports.