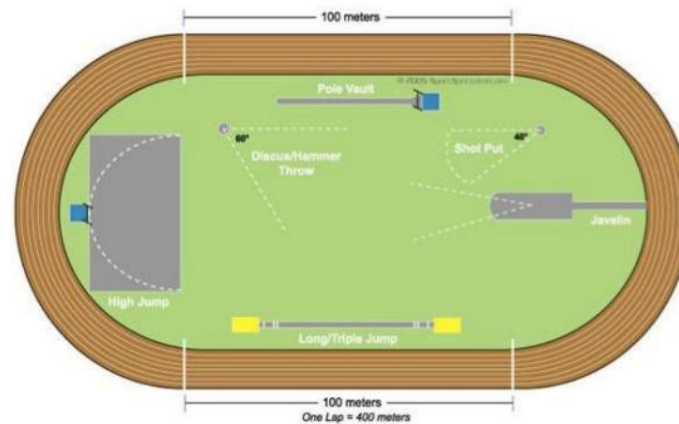


TRACK & FIELD

- Track and field is a sport that includes different events based on natural human capacities such as jumping, running, throwing...



Track and Field Dimensions

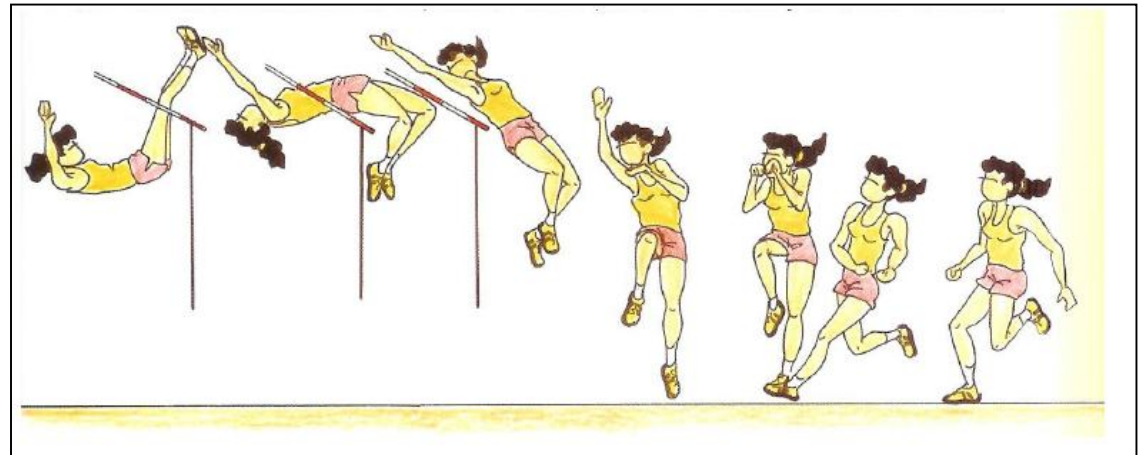


TRACK & FIELD

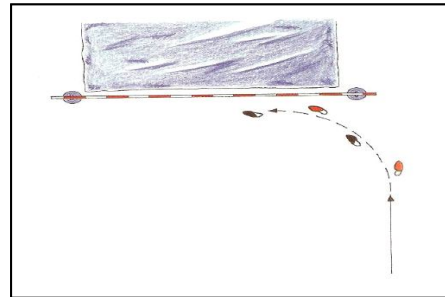
HIGH JUMP

Is an event in which competitors must jump over a horizontal bar placed at measured heights.

1. APPROACH
2. TAKEOFF
3. FLIGHT (bar clearance)
4. LANDING



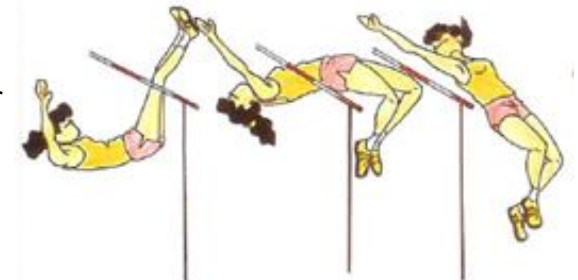
1.-APPROACH : curved



2.- TAKEOFF: the thigh on your non-takeoff leg should be parallel to the ground and your arms should punch upward and stay close to your body.



3.- FLIGHT (bar clearance): rotate your non-takeoff leg, shoulders and hips until your back is over the bar.



4.- LANDING : Keep your chin close to your chest and bend your hips. You should land on your upper back

