

**O‘ZBEKISTON RESPUBLIKASI**  
**TURIZM VA SPORT VAZIRLIGI**

**JISMONIY TARBIYA VA SPORT BO‘YICHA MUTAXASSISLARNI**  
**QAYTA TAYYORLASH VA MALAKASINI OSHIRISH INSTITUTI**

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**Islomova H.F.**

# **Sport book**

**By Bob Bridle, Richard Gilbert**

**(Track and field)**

Bob Bridle va Richars Gilbert tomonidan yozilgan  
Sport book kitobining (Yengil atletika) qismi tarjimasi

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“Ijtimoiy fanlar” kafedrası katta o‘qituvchisi

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JTSBMQTMOI “Jismoniy tarbiya, sport nazariyasi va  
uslubiyati” kafedrası dotsenti

Mazkur uslubiy qo‘llanma Jismoniy tarbiya va sport bo‘yicha mutaxassislarni ilmiy metodik ta‘minlash, qayta tayyorlash va malakasini oshirish markazi Ilmiy-metodik kengashi yig‘ilishida ko‘rib chiqilib chop etishga ruxsat etilgan. (2019-yil 11-noyabr, 9 – son)

# INTRODUCTION

The sports of “running,” “jumping,” and “throwing” have developed significantly since the Ancient Greeks first established their Games at Olympia. Back then there was only one event, the Stadium race—now there are literally hundreds of sports to choose from. So it’s not surprising that you might not know all the rules to all the sports you come across. The Sports Book is the answer. Whichever page you land on—basketball or badminton, karate or korfbal (look it up)—you’ll find all the information you need to be completely up-to-date on the rules, the statistics, the gear, and what’s legal and what’s not. There are more than 200 sports in the book—team sports, racket sports, combat sports, water sports, winter sports, target sports, sports on wheels, motor sports, animal sports, extreme sports—and more than enough information to make you the instant expert on almost any competition you’re likely to encounter.

For each and every sport in the book, there are “Need2know” panels for quick, essential facts and info. Player profiles give an overview of the necessary physical characteristics and skills. Game play panels contain information on key aspects of the game, players, rules, and techniques. Stat central has tables featuring the latest sports statistics, including player records, and results from major championships and the Olympic Games. Sidelines present amusing and fascinating facts and numbers. Background information panels outline the story behind each sport, including news on the sport’s stars and competitions, and insights and anecdotes. It’s all there.

# KIRISH

Yengil atletika sport turining "yugurish", "sakrash" va "uloqtirish" usullari qadimgi yunonlar Olimpiyada o'yinlarini birinchi marta tashkil qilganidan beri sezilarli darajada rivojlandi. O'sha paytda o'yinlar faqat bitta turdan ya'ni, bir Stadiyga (192 m 27sm) yugurish bo'yicha o'tkazilgan.

- bugungi kunda yuzlab sport turlari mavjud. Shunday qilib, barcha sport turlari uchun barcha qoidalarni bilmasligingiz ajablanarli emas. Ushbu sport kitobimizda bu savolga javob topishga harakat qildik. Qayerga borsangiz ham – basketbol, badminton, karate, korfbol (yuqoriga qarang) - siz barcha kerakli ma'lumotlarni: qoidalar, statistikalari, jihozlar va qonuniy hamda kerakli sport turlari haqida to'liq ma'lumot topishingiz mumkin. Kitobda 200 dan ortiq sport turlarini aks ettirdik - jamoaviy sport, raketkali sport, jangovar sport turlari, suv sporti, qishki sport turlari, g'ildirakli sport turlari, motorli sport turlari, ot sport turlari, ekstremal sport turlari–biz tomondan berilgan ushbu ma'lumot sizga yetarli bo'ladi degan umiddamiz.

Kitobdagi har bir sport turi uchun tezkor, muhim omillar va ma'lumotlar uchun "Need2 bilim" paneli mavjud. Murabbiy kasbi zarur jismoniy sifatlar, qobiliyatlar va ko'nikmalar haqida umumiy ma'lumot beradi. Sport o'yinni tashkil etish yoki unda qatnashish dasturida o'yinning asosiy jihatlari, ishtirokchilar, qoidalar va texnikalar haqida ma'lumotlar mavjud. Statistika markazida eng so'nggi sport statistikalari, shu jumladan futbolchilarning yozuvlari va yirik chempionatlar va Olimpiyada o'yinlari natijalari aks ettirilgan jadvallar berilgan. Umumiy ma'lumot satrlarida har bir sportning tarixi, shu jumladan, sport yulduzlari va musobaqalari haqida yangiliklar, sharhlar va latifalar yoritilgan. Sport to'g'risidagi hamma ma'lumotni ushbu kitobda berdik.

# **TRACK AND FIELD**

## **SPORT OVERVIEW**

Track and field consists of three types of events: track events (running or walking), field events (jumping or throwing), and combined events, such as the pentathlon, which are a combination of both track and field events. Track and field is at the core of the Olympic movement and was featured at the first games at Olympia in 776 BCE. The popularity of track and field events wavered during Roman times, but athletics again dominated the first modern Games.

### **NEED TO KNOW**

The word “athlete” comes from the Greek word “athlos”- meaning a contest or competition.

The first athletics event at the first ancient Olympiad was the “stade” race—a sprint along the full length of the stadium (a distance of approximately 210 yd/192 m). The order in which track and field events are competed at an official meet is determined by a random draw.

## **INDOORS AND OUTDOORS**

Track and field events are held either indoors (during the winter) or outdoors (in the spring and summer). The majority of events are held at both indoor and outdoor meets, although there are exceptions. Limited space at indoor venues means that throws such as the javelin, hammer, and discus are only contested during the outdoor season. A smaller indoor track also means that the 100 m is replaced by the 60 m sprint.

## **MEASURE FOR MEASURE**

Accurately measuring time and distance is a crucial part of track and field events. For track events, athletes are timed using sensors linked to cameras, and measured using fully automatic time. For the long jump, triple jump, and throwing events, distances are measured using a certified steel measuring tape.

# **YENGIL ATLETIKA**

## **SPORT HAQIDA UMUMIY MA'LUMOT**

Yengil atletika besh turni o'z ichiga qamrab oladi: yugurish, yurish, (sportcha yurish, sayyohcha yurish), sakrashlar, ko'pkurash yoki uloqtirish va biatlondagi yugurish turlaridan musobaqalar stadion, binoda sayilgohlar va shosseda o'tkaziladi, ular ham yengil atletika turi hisoblanadi. Yengil atletika Olimpiada harakatining asosini tashkil etib, u miloddan avvalgi 776-yilda Olimpiada o'yinlari dasturiga kiritilgan, birinchi o'yinlarda namoyish etilgan. Rim davrida yengil atletika musobaqalarining ommaviyligi keskin susayib ketdi, ammo birinchi zamonaviy o'yinlarda atletika yana ustunlik qildi.

### **BILISHINGIZ KERAK**

"Sportchi" so'zi yunoncha "atlos" so'zidan kelib chiqqan bo'lib musobaqachi (kurashuvchi) degan ma'noni anglatadi. Qadimgi Yunon Olimpiada o'yinlarining birinchi musobaqasi "stadiy" poygasi bo'lib, stadionning butun uzunligi bo'ylab (taxminan 210 dyuym / 192 m 27 sm) yugurish edi. Rasmiy uchrashuvda yengil atletika musobaqalari qay tartibda o'tkazilishi tasodifiy o'yin orqali aniqlanadi.

## **STADIONDA VA STADIONDAN TASHQARIDAGI MUSOBAQALAR**

Yengil atletika musobaqalari binoda (qish paytida) yoki ochiq havoda o'tkaziladi. Istisnolar mavjud bo'lsa-da, aksariyat musobaqalar yopiq va ochiq joylarda o'tkaziladi. Yopiq binodagi joy cheklangan. Bosqon va lappak uloqtirish ochiq binoda rejalashtirilib, faqat ochiq maydonda musobaqa o'tkaziladi. Binolardagi yo'laklarni uzunligi 200 metr bo'lib unda yugurish, sakrash va yadro irqitish musobaqasi o'tkaziladi.

### **MASOFANI O'LCHASH**

Vaqt va masofani aniq o'lchash yengil atletika musobaqalarining muhim qismidir. Yo'laklarda o'tkaziladigan musobaqalarida sportchilarni natijalari fotofinishga bog'langan sensorlardan foydalangan holda aniqlanadi va to'liq avtomatik vaqt yordamida o'lchanadi. Uzunlikka

sakrash, uch hatlab sakrash va uloqtirish musobaqalarida masofalar sertifikatlangan po‘latdan o‘lchash tasmasi yordamida o‘lchanadi.

### **KEEPING SCORE**

Movable electronic scoreboards are placed around the track, enabling athletes, officials, and spectators to see how much time has elapsed since the start of a race.



### **PHOTO FINISH**

A digital line-scan camera (trained on the finish line and linked to a computerized timing sensor) determines competitor placing. It is accurate to thousandths of a second.



### **STARTER PISTOL**

Track and field events are started by the firing of a starting pistol. The sound of the gun, which contains blank shells, is a signal to the athletes to begin. The gun automatically starts the timers.



## **TEZLIKNI BOSHQARISH**

Harakatlanuvchi elektron tablolar o‘yingohda joylashtirilgan bo‘lib, bu sportchilarga, rasmiy shaxslarga va tomoshabinlarga musobaqa davomida sportchilar masofani qancha vaqtda o‘tganligini ko‘rish imkoniyatini beradi.



## **FOTO FINISH**

Marra chizig‘ini fotofinish kamerasi (marrani chizig'ida urnatilgan va vaqtni hisoblash kompyuteriga ulangan) sportchilarni egallagan urnini aniqlaydi. Bu bir soniyaning mingdan biriga to‘g‘ri keladi.



## **BOSHLOVCHI TO‘PPONCHA**

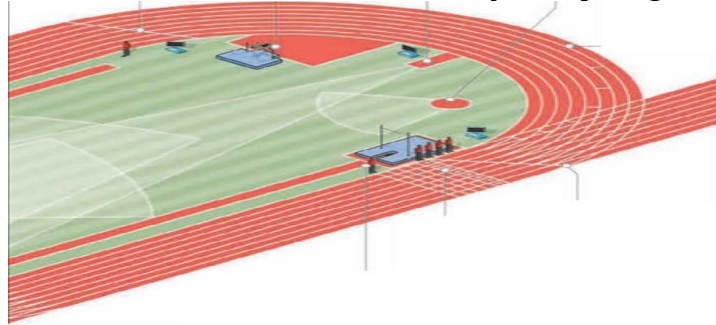
Yengil atletika musobaqalari(yugurishda va sportcha yurishda) to‘pponcha o‘q ovozi bilan boshlanadi. To‘pponcha taymerlarga avtomatik ravishda ulanadi.





## **TRACK AND FIELD ARENA**

A full-size track usually measures 400 m in circumference, has six or eight lanes, and encircles a sports field that contains specific areas for each field sport. Most tracks have a synthetic rubber or polyurethane surface for year-round use. Indoor tracks are usually only 200 m in circumference, have four or six lanes, and have banked turns to accommodate bends that are far tighter than on an outdoor track. Whether competing indoors or outdoors, athletes always race around the track in an counterclockwise direction. Due to space constraints, indoor field events consist of only the jumps and the shot put.



### **1,500m start line**

Runners, who can break lanes for the shortest running line almost immediately, must complete 3/4 circuits of the track

### **High jump**

High jumpers have an approach run of about 40 ft (12 m), which can be made from almost any direction to the front of the bar

### **JAVELIN**

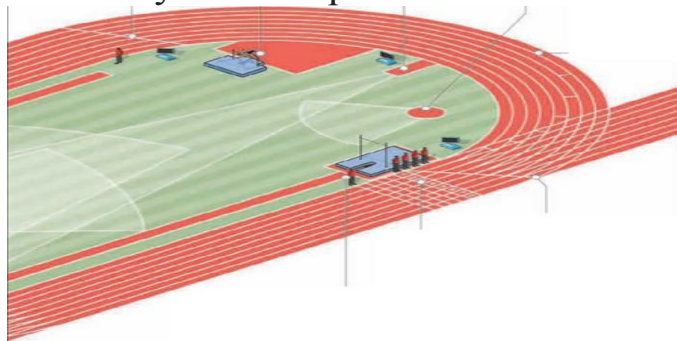
A white strip marks the end of the run-up track, which is made of the same material as the running track

### **SHOT PUT**

The shot-put throwing circle is 7 ft (2.14 m) in diameter; the landing area fans out at an angle of 35 degrees

## **YENGIL ATLETIKA MUSOBAQASI O‘TKAZILADIGAN MAYDON**

To‘liq o‘lchamli yo‘lak, odatda, aylana shaklda bo‘lib, har biri 400 m tashkil etib, to‘rt, olti (binoda) sakkiz yoki to‘qqiz yulakdan iboratdir. Zamonaviy o‘yingohlar va yo‘laklar sintetik, kauchuk yoki politelin bilan qoplangan. Yopiq binolardagi yo‘laklar odatda aylanasi 200 m bo‘ladi, to‘rt yoki oltita yulakka ega va burilishlarni tashqi yo‘lka qaraganda ancha qisqa bo‘ladi. Ichki yoki ochiq maydonda musobaqalashganda sportchilar doimo soat strelkasiga teskari yo‘nalishda yugurishadi. Imkoniyatlar cheklanganligi sababli, yopiq maydonda o‘tkaziladigan musobaqalar faqat yugurishlar, sakrashlar va yadro uloqtirishdan iborat.



### **1500 M START CHIZIG'I**

Qisqa masofaga yugurish marra- chizig'ini tezda o‘tishda sportchilarga qulay bo‘lish uchun masofa maydonni urtasida joylashadi.

### **BALANDLIKKA SAKRASH**

Balandlikka sakrovchilar deyarli 40 fut (12 m) yugurish usulidan foydalanadilar, uni har qanday yo‘nalishda hamda old tomoniga o‘tkazish mumkin.

### **NAYZA**

Oq chiziq yugurish yo‘lagining oxiriga chizilgan, va yugurish yo‘lagi bilan bir xil materialdan tayyorlangan.

### **YADRO IRQITISH**

Yadro irqitish bo‘yicha aylananing diametri 7 fut (2,14 m); qo‘nish zonasi 35 daraja burchak ostida bo‘ladi.

### **400 M START**

The 400 m start is more staggered than the 200 m start as there are more curves to negotiate

### **10,000 M START**

Long-distance runners begin 25 laps of the track from here.

## **POLE VAULT**

A wedge-shaped "pole box" at the end of the track is sunk to a depth of 8 in (20 cm

## **FINISH LINE**

All races finish at this line, regardless of their starting position.

## **DRUG TESTING**

The use of performance-enhancing drugs—especially in athletics—never fails to make headline news. In a constant battle to promote fair play, the International Association of Athletics Federations runs a stringent doping control program to detect improper use of drugs such as anabolic steroids. In 1999, an independent foundation called the World Anti-Doping Agency (WADA) was also set up by the International Olympic Committee.

## **400 METRGA YUGURISH**

400 m start 200 m masofaga nisbatan uzoq bo‘lib musobaqalarda sportchilar stadionni bir marta aylanib chishga to‘g‘ri keladi.

## **10000 METRGA YUGURISH**

Uzoq masofaga yuguruvchilar 25krugni yo‘lakdan boshlashadi.

## **LANGAR CHO‘P BILAN SAKRASH**

Xoda shaklidagi langar cho‘p yunalishni oxiridagi " quti" 8 (20 sm) chuqurlikka taqaladi.

## **FINISH (MARRA)CHIZIG‘I**

Barcha yugurish musobaqalar boshlang‘ich joyidan qat‘iy nazar ushbu chiziqda tugaydi

## **Narkotik moddaga qarshi tekshiruv**

Organizmni yuqori darajada ishlash qobiliyatini oshiruvchi dorilarni (ayniqsa atletikada) qo‘llash hech qachon yaxshi natija bermaydi. Musobaqada uz raqibini halol yengish uchun, atletika federatsiyalari xalqaro assotsiatsiyasi anabolik steroidlar kabi giyohvand moddalarni noto‘g‘ri ishlatilishini aniqlash uchun doping nazorati bo‘yicha qattiq dasturni amalga oshirmoqda. 1999 yilda Xalqaro Olimpiya qo‘mitasi tomonidan Butunjahon antidoping agentligi (WADA) nomli mustaqil jamg'arma tashkil etildi.

# **SPRINTS**

## **EVENT OVERVIEW**

At athletics events it is usually the sprints—which are run over 60, 100, 200, and 400 meters—that most firmly grip the spectators' imagination. And it is as if the world stops for the Olympic 100 m men's final: there is something mesmerizing—almost primeval—about the competitors exploding out of the blocks, sprinting as fast as is humanly possible, and then streaking across the finishing line a mere 10 seconds or so later.

### **NEED TO KNOW**

Sprints are generally staged as part of larger athletics events, including the Olympic Games and the World Championships.

The first Olympic Games (776BC) probably only featured one event—a sprint over 600 ft (182.88 m).

Carl Lewis is the most successful 100 m runner ever, with five World or Olympic titles (1983-1991).

### **1996 FINAL**

The 1996 Atlanta Olympics men's 100 m final is considered one of the greatest sprints ever the favorite, Donovan Bailey, recovered from a poor start to win the race and set a world record of 9.84 seconds.

### **RUNNING IN LANES**

For all the sprints, runners must remain in their starting lane for the duration of the race. At the start of the events that involve rounding one or more bends (the 200 m and the 400 m), the competitors are "staggered" to ensure that each runner travels exactly the same distance.

# **SPRINT YUGURUVCHILAR MUSOBAQA HAQIDA QISQACHA TUSHUNCHA**

Atletika musobaqalarida sprintda 60, 100, 200 va 400 metrga yugurish bo'yicha tomoshabinlarning tasavvurlarini yanada oshiradi. Olimpiyada o'yinlarining finaliga chiqish uchun erkaklar o'rtasidagi 100 metrga yugurish bir necha bosqichlarda utadi: sportchilarning saralash bellashuvlaridan final bosqichiga chiqib ketishlari haqida juda g'alati tushunmovchilik bor, shuning uchun yuguruvchilar iloji boricha tezroq start olib, so'ngra atigi 10 soniya yoki undan kamroq vaqtda marra chizig'ini bosib o'tishadi.

## **BILISHINGIZ KERAK**

Sprint musobaqalari odatda yirik atletika tadbirlari, jumladan Olimpiya o'yinlari va Jahon chempionatlari doirasida o'tkaziladi.

Birinchi Olimpiya o'yinlarida (776BC) ehtimol faqat bitta tadbir - 600 fut (182.88 m) ga yugurish bo'lgan.

Karl Lyuis 100 m masofaga yugurish bo'yicha eng muvaffaqiyatli hisoblanadi va beshta Jahon yoki Olimpiya unvoniga ega (1983-1991).

## **1996 FINAL**

1996 yilda Atlanta Olimpiadasida erkaklar o'rtasida 100 metrga yugurish musobaqasi g'olib chiqqan Donovan Beyli musobaqada g'alaba qozonish uchun 9,84 soniya bilan jahon rekordini o'rnatdi. 1996 yilda O'zbekiston birinchi marta mustaqil jamoa shaklida Olimpiada o'yinlarida ishtirok etdi.

## **YO'LAKLARDA YUGURISH**

Barcha yugurish musobaqalarida sportchilar musobaqaning boshlang'ich bosqichida qatnashishlari kerak. Har bir yuguruvchi masofani bosib o'tishini uchun bir yoki bir necha marta start oladilar (200 m va 400 m) masofani bosib utishi kerak.

## **EQUIPMENT**

Sprinters wear an aerodynamically efficient Lycra body suit and very light shoes that feature spikes up to  $\frac{3}{8}$  in (9 mm) long and a thin sole, which improves the competitor's feel for the track. Starting blocks allow athletes to drive forward powerfully at the starter's gun and to begin the race in the best position to achieve maximum acceleration.

### **Sure start**

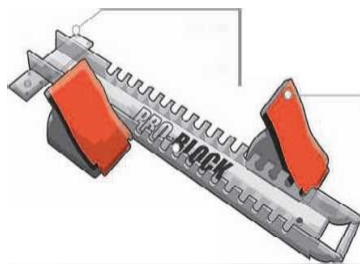
Sharp spikes anchor the starting blocks to the running surface

### **Foot pedal**

The angle of the pedals can be adjusted to suit

### **Starting blocks**

These are used in all the sprint events the athlete's starting style and provide the best possible start.



## **THE SPRINT DISTANCES**

There are four sprint distances. The 60 m, which is usually run indoors, favors runners with electrifying speed but not necessarily high endurance. Unofficially defining the "Fastest Person on Earth," the 100 m rewards sprinters who can quickly achieve and then maintain maximum speed. This demands tremendous muscular power and finely honed technique. 200 m runners have all the skills of an 100m runner, with the additional ability to manage centrifugal forces when rounding the bend. They must start strongly yet have sufficient energy to finish well. Described as an endurance sprint, the 400 m is the most grueling of all the sprints. Careful pacing of this race is vital because after about 30 seconds of running at near maximum effort, lactic acid builds up in the muscles, making it more difficult and more painful to maintain speed.

## **JIHOZLAR**

Sprinter yuguruvchilar aerodinamik jihatdan samarali Lycra kostyumi va uzunligi 3 mm / 9 mm gacha bo'lgan yengil poyabzal(shipovka) va yupqa trusik kiyib oladi, bu esa raqibning unga bo'lgan hissini yaxshilaydi. Boshlang'ich bosqichda sportchilarga boshlang'ich holatidan oldinga siljish va maksimal tezlashishga erishish uchun uz gavdasini eng yaxshi holatda boshlash imkonini beradi.

## **Ishonch starti**

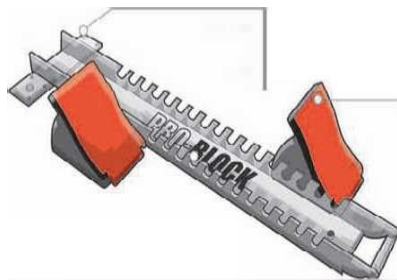
Keskin burmalar start olish uchun yugurish yo‘lagiga qoqib qo‘yiladi

## **Oyoq tayangichi (kolodka)**

tayanchgohga oyoq quyish burchagi sportchining gavda uzunligiga bog‘liq

## **Tayanchgoh(start kolodkasi)**

ular barcha sprint musobaqalarida qo‘llaniladi va eng yaxshi tezlanishni ta'minlaydi.



## **SPRINT YUGURISHDAGI MASOFALAR**

O‘nta sprint masofasi mavjud: Odatda yopiq binoda 60,100,200m,60,110m t/o yugurish, lekin buning uchun yuqori tezlilik talab qilinmaydi."Jahondagi eng tezkor odam" norasmiy ravishda aniqlashda 100 m eng yuqori tezlikka erisha oladigan va o‘sha maksimal tezlikni masofa bo‘ylab saqlab turadigan sprinterlar tushiniladi. Bu juda katta mushak kuchi zuriqishi va juda yaxshi texnikani talab qiladi. 200 metr masofaga yuguruvchilarda 100 m masofaga yuguruvchidagi barcha qobiliyatlariga ega bo‘lishi kerak va burilishda kuchini boshqarish uchun qo‘shimcha imkoniyatlarga ega bo‘lishi kerak.Ular masofani startdan tez boshlashlari kerak, ammo yaxshi natijaga ega bo‘lishi uchun yetarli tayyorgarligi bo‘lishi shart. 400 metrga yuguruvchi barcha sprintlar uchun tezkor-chidamlilik eng yuqori darajada bo‘ladi.Ushbu bellashuvda masofani diqqat bilan bosib o‘tish juda muhimdir, chunki taxminan 30 soniya maksimal harakat qilgandan so‘ng mushaklarda sut kislotasi hosil bo‘ladi, bu esa tezlikni ushlab turish uchun yanada qiyin va og‘irdir.

## **FACTORS AFFECTING PERFORMANCE**

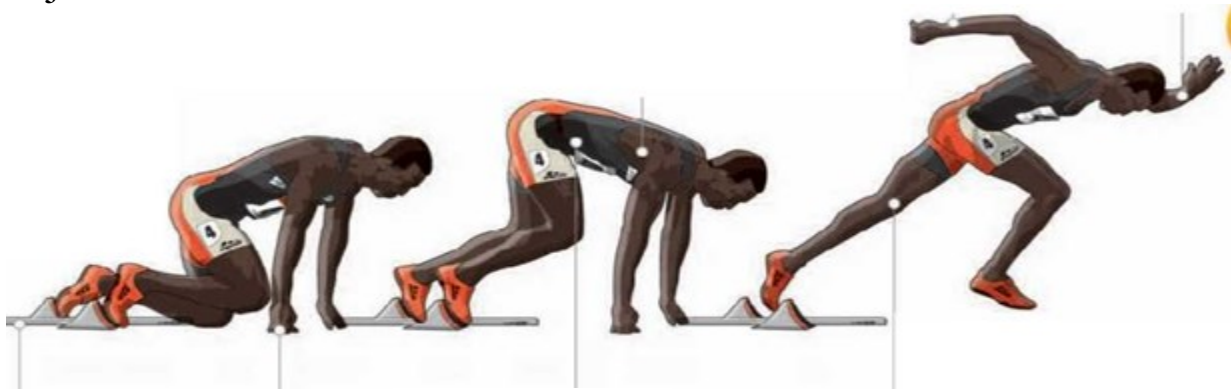
A sprinter recording fast times will have talent, a powerful physique, good tactical awareness, will have trained hard, and will be in good form—physically and mentally. Other factors that may influence performance include the track type (harder surfaces produce faster times) and climatic conditions, particularly wind speed and direction.

## RACE PHASES

A sprint can be divided into four phases: the start (see below), acceleration (the body leans forward, so that the legs can provide maximum acceleration), stride (full speed has been achieved and is maintained via a relaxed technique, with the body now upright), and finish (the arms are pulled back so that the head and shoulders dip toward the finish line).

### THE START

To begin the race with good balance and maximum velocity is the objective.



**On your marks**  
The sprinter crouches on one knee, feet on the pedals of the blocks

**Ready position**  
The fingers form a high bridge, with the hands slightly more than shoulderwidth apart

**Set**  
At the command of "set," the hips are raised a little higher than the shoulders

**Go**  
On the starter's gun, the sprinter explodes out of the starting blocks

### TA'SIR ETUVCHI OMILLAR

Tezkor natijani qayd etadigan sprinter jismoniy va aqliy iste'dodga ega, jismonan kuchli va yaxshi taktikaga ega, yaxshi shug'illangan va tayyorgarlikka ega bo'ladi. Mashq bajarishiga ta'sir ko'rsatadigan boshqa omillar qatoriga yo'lakning sifati (yo'lak sirtining qatlami) va iqlim sharoiti, xususan shamol tezligi va yo'nalishi kiradi.



## YUGURISH BOSQICHLARI

Sprint yugurishni to'rt bosqichga bo'lish mumkin: start olish(pastga qarang), start tezlashishi (qadamlarni maksimal tezlashishini ta'minlash uchun tananing oldinga egilishi), qo'llar orqaga tortiladi, shunda bosh va yelkalar marraga qarab egiladi).

### START

Maqsad musobaqani yaxshi muvozanat va maksimal tezlik bilan boshlash



<b>Sizning belgilaringizda</b> Sportchi bir tizzada egiladi, oyoqlar tayanchgohda bo'ladi	<b>Start holat</b> Tizzalar yuqori ko'prik hosil qiladi, qo'llar bir-biridan yelka kengligidan bir oz kengroq	<b>Diqqat holati</b> diqqat buyrug'i bilan, tosy elkalardan bir oz yuqoriga ko'tariladi	<b>Startdan chiqish</b> Boshlash buyrug'i berilgach sprinter boshlang'ich tayanchgohdan chiqib ketadi
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## RELAYS

### Event overview

The relay race boasts the competitiveness of a sprint race and the drama of the baton changeovers. Each of the four athletes race one section, or leg, of the race, handing over a baton to the next member of the team within a marked hand-off zone. The most common relays are the 4x100 m and the 4x400 m, in both men's and women's disciplines. The men's 4x400 m is traditionally the last event of any track meet. Less common events are the 4x200 m, 4x800 m, and 4x1,600 m races.

- The relay is a highly tactical race, and teams pay close attention to the order in which the runners race. Usually, the fastest runner (the anchor) is the last to run.
- ❖ The 4x400 m became a men's Olympic sport in 1908 (the women's competition followed in 1972). The 4x100 m relay first appeared at the Stockholm Games in 1912 (the women's event followed in 1928).
- The first relay races were held in the US by firemen who ran for charity, passing on a red pennant instead of a baton.

## **RUNNING TRACK**

Relay races are run on regular running tracks. Due to the difference in the distance run by racers on the inside lane to those in the outer lanes, the racers start at staggered points in both 4x100 m and 4x400 m competitions. The runner in the inside lane starts on the finish line in both races, while the other runners start from progressively forward positions; the positions are more staggered in the 4x400 m. The three hand-off zones are clearly indicated on the surface of the track.

## **ESTAFETA**

### **Musobaqa haqida umumiy fikrlar**

Estafeta musobaqasi sprint gurihi bo‘lib estafetada sportchilar qo‘idagi tayoqchani bir birlariga uzatib masofani yugirib o‘tadilar. To‘rt sportchining har biri poyganing bir qismini bosib o‘tadi va estafeta tayoqchasi uzatiladigan zonada jamoaning keyingi a'zosiga topshiriladi. Eng keng tarqalgan estafetalar erkaklar va ayollar o‘rtasida 4x100 m va 4x400 m ga yugurish hisoblanadi. erkaklar o‘rtasida 4x400 metr uzunlikdagi estafeta an'anaviy ravishda hamma musobaqalarning so‘nggi dasturi bo‘lib unga yaku yasaydi. Undan keyin keng tarqalgan musobaqa - 4x200 m, 4x800 m va 4x1,600 m masofalarda yugurish estafetalari utadi.

- Estafeta juda taktik poyga bo‘lib, jamoalar yuguruvchilarning musobaqalashish tartibiga jiddiy e'tibor berishadi. Odatda, eng tez yuguruvchi bosqichni(etap) oxirda yuguradi.
- Erkaklar o‘rtasida 4x400 m ga yugurish 1908 yilda Olimpiya o‘yinlari dasturiga kiritilgan, ayollar urtasida esa 1972 yilda o‘tkazildi. 4x100 m estafetasi birinchi marta 1912 yilda Stokgolm o‘yinlarida bo‘lgan (ayollar musobaqasi esa 1928 yilda boshlangan).
- Birinchi estafeta poygalari AQShda xayriya uchun yugurgan o‘t o‘chiruvchilar o‘rniga qizil marjonni kiyib, o‘tkazilgan.

### **YUGURISH YO‘LAGI**

Estafeta bo‘yicha yugurish muntazam stadion yo‘larlarida o‘tkaziladi. Jamoalarning yugurish yo‘laklari bir aylanishdabir-biridan un metrga farq qilgani sababli, sportchilar 4x100 m va 4x400 m masofada yugurishda o‘zini yo‘lagidagi chizig’da stsrt olish uchun shaylanadi. 4x400 m masofada ko‘proq start chizig’i siljiydi. Estafeta tayoqchasini uzatish zonasi yo‘lakdarangli chiziq bilan aniq ko‘rsatilgan.

### STAYING COOL

Due to the high speeds involved and the close proximity of other teams, good timing and concentration are required to pass the baton smoothly. This is especially true in the 4x100 m which is shown here.

### Passing the baton

The incoming runner prepares to pass the baton to the receiver.

**Steady hands**  
It's crucial not to drop the baton; in Olympic events the team will be disqualified.



### Baton received

After taking the baton from his teammate, the receiver sets off as fast as possible on his leg of the race.

### Keep in lane

Runners risk disqualification if they pass the baton outside the hand-off zone, or stray from their own lane.

### Taking the baton

The receiver gets up to speed and puts his hand back, ready for the passer to plant the baton.

### COMPETITOR PROFILE

4x100 m relay runners need to have explosive pace, just as sprinters do. Runners in all distances must be able to time runs efficiently in order to achieve successful changeovers. 4x400 m runners must also have the stamina to run the extra distance.

### THE BATON

The baton is a hollow aluminium tube 12 in (30 cm) long, 1½ in (4 cm) in diameter, and weighing 1¾ oz (50 g) or more. It is the time of the baton around the track that is measured, not the time of the athlete who carries it.

12 in (30 cm)



### Smooth surface

The baton is entirely smooth, so must be handled carefully.

### Tubular build

The baton is made from a tube of metal, usually aluminum. The hollow construction makes it particularly lightweight.

Katta tezlikda harakat qilish va boshqa jamoalarning yaqinligi, estafeta muammosiz o'tish uchun yaxshi vaqt va konsentratsiya talab etiladi. Bu ayniqsa 4x100 metrga to'g'ri keladi.

Estafetadan o'tish yugurib keluvchi tayoqni qabul qiluvchiga topshirishga tayyorlanadi

**barqaror qo'llar**  
Olimpiya o'yinlarida batonni tashlamaslik o'ta xavflidir. Jamoa diskvalifikatsiya qilinadi.



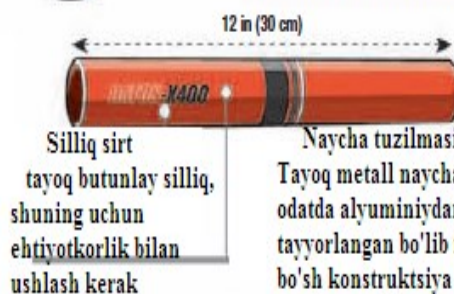
**Tayoqni olish**  
Qabul qiluvchi tezlikni ko'tarib, tayoqni olishga tayyor holda qo'lini orqasiga o'zlatadi

**Tayoqcha qabul qilindi**  
Jamoa a'zosi estafeta tayoqchasini olgach, imkon qadar tezroq yugurib chiqadi

**Raqobatchi profili**  
4x100 metrga estafeta yugurishda sprinterlar singari portlash tezligi bo'lishi kerak. Yugurishni muvaffaqiyatli bajarish uchun barcha masofadan yuguruvchilar vaqtni samarali bajarishi kerak, 4x400 metrga yuguruvchi qo'shimcha masofani bosib o'tish uchun bardoshli bo'lishi kerak.

**Navbatda turish**  
Agar yuguruvchilar estafeta tayog'ini zonadan tashqarida uzatsa yoki o'z yo'llaridan adashib qolishsa, diskvalifikatsiya qilinishi mumkin

**Tayoq**  
tayoq uzunligi 12 sm (30 sm) ichi bo'sh alyuminiy naycha bo'lib, diametri 2/3 va og'irligi 50 gr yoki undan ko'p.



**Silliq sirt**  
tayoq butunlay silliq, shuning uchun ehtiyotkorlik bilan ushlab kerak

**Naycha tuzilmasi**  
Tayoq metall naychadan, odatda alyuminiydan tayyorlangan bo'lib ichi bo'sh konstruksiya va ayniqsa engil.

## LANE DISCIPLINE

Athletes in the 4x100 m remain in their lanes from start to finish, so the hand-off takes place in the relevant lane. In the 4x400 m, runners start in separate lanes but may join the inside lane after the first 100 m of the second leg. In the final two hand-offs, race organizers place the receivers across the finish line according to their teams' placings at the time, with the leading team in the inside lane.



## HIGH SPEED HAND-OFF

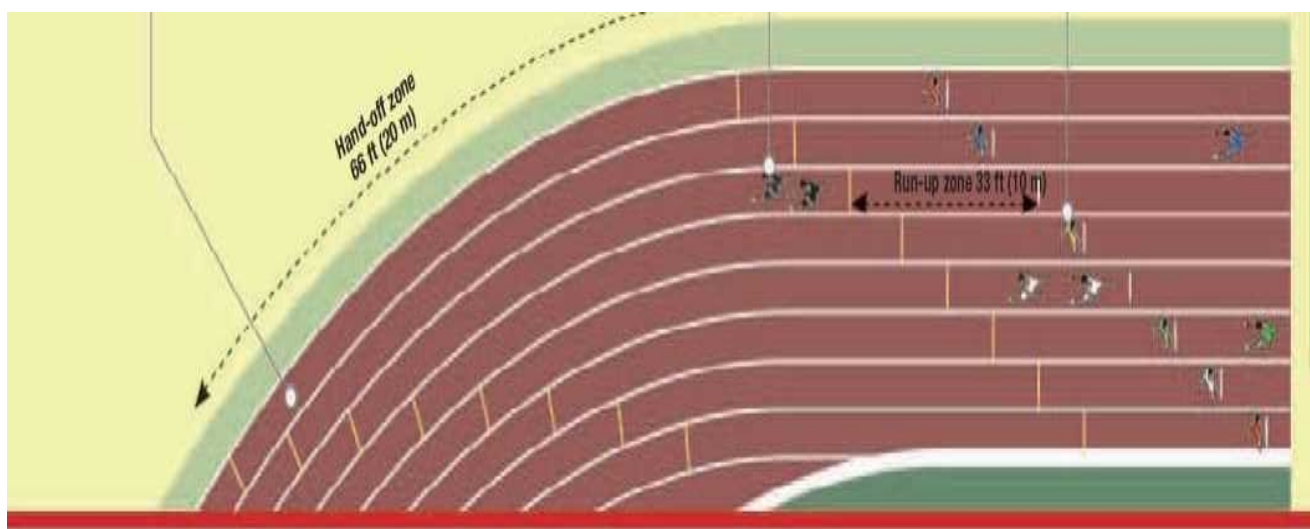
Unlike the 4x400 m hand-off, where the length of each leg means that the passers are running relatively slowly, the 4x100 m hand-off (see below) is an action-packed phase when passer and receiver are running at high speed. The three run-up and hand-off zones are staggered around the bends of the track, so that the length of each leg is the same for every team.

### Hand-off complete

The passer must hand the baton to the receiver at least 16 ft (5 m) before the end of the hand-off zone. In the 4x100 m, completing the hand-off is the responsibility of the passer

### Receiver sets off

The receiver picks up speed in the run-up zone so that the transfer is as quick as possible



## YO‘NALISH TARTIBI

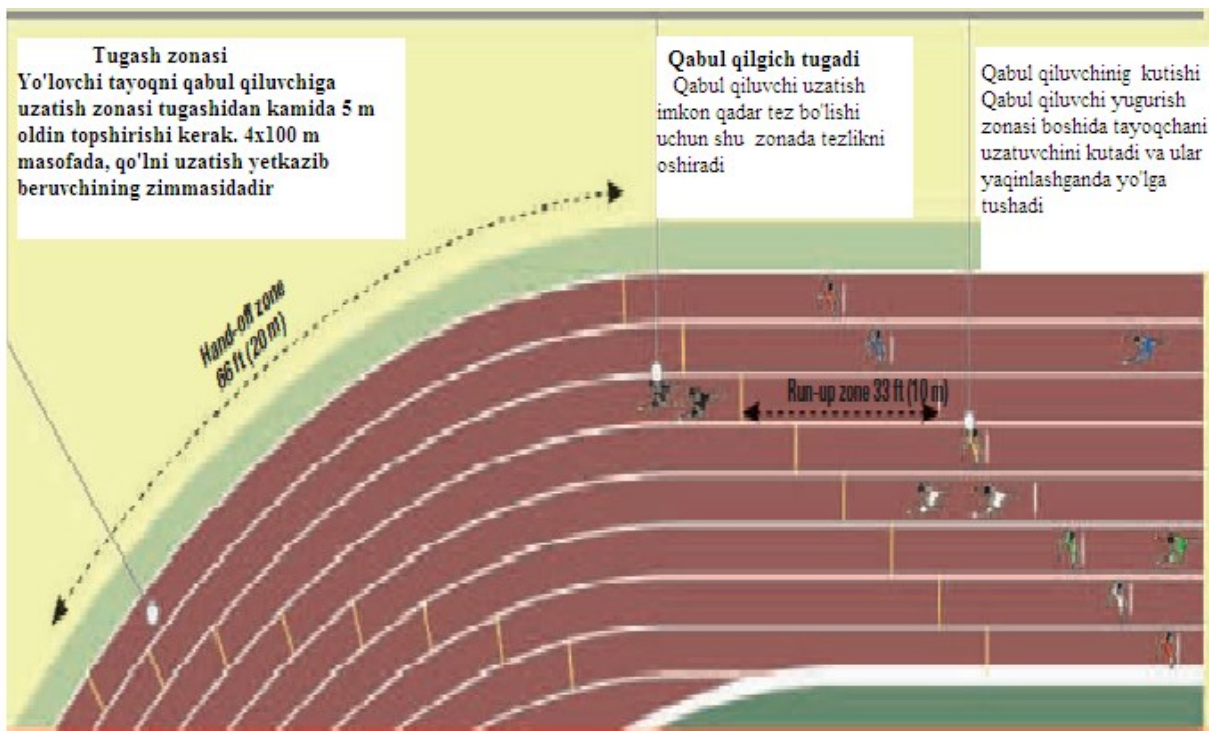
4x100 m ga yugurishda sportchilar boshidan oxirigacha o‘z yo‘lagida bo‘ladilar, shuning uchun tarqatish tegishli bo‘lakda amalga oshiriladi. 4x400 m masofada yugurish alohida yo‘laklarda boshlashadi, ammo ikkinchi yuguruvchi birinchi 100 meterdan keyin ichki yo‘lakka qo‘shilishi mumkin. Finalda poyga tashkilotchilari qabul qiluvchilarni o‘z guruhlarining joylashuviga ko‘ra o‘sha paytda etakchi jamoa bilan ichki qatorda joylashadilar.

## YUQORI TEZLIKNI USHLAB TURISH

4x100m ga nisbatan 4x400 m estafeta uzatishdan farqli o'laroq, har bir sportchi start kolodkasini oyog'iga moslashtirib tanlaydi. Sportchilani ung oyog' chapga nisbatan tezroq ishlaydi.

### UPSWEEP HAND-OFF

The baton is passed in an upward movement, a popular method in the 4x100 m relay. The receiver must adjust his grip before the next hangeover.



## CHANGING TIME

The transfer of the baton is the crucial moment in a relay race, and must be handled delicately. In the 4x100 m relay the transfer is known as a “blind hand off”, since the receiver does not maintain visual contact. The receiver starts to run when the passer reaches a certain point on the track, and the baton-carrier then shouts “stick!” to tell the receiver to hold out a hand. In the 4x100m relay, the receiver jogs forward while looking back at the passer, and holds out a hand for the baton



### **DOWNSWEEP HAND-OFF**

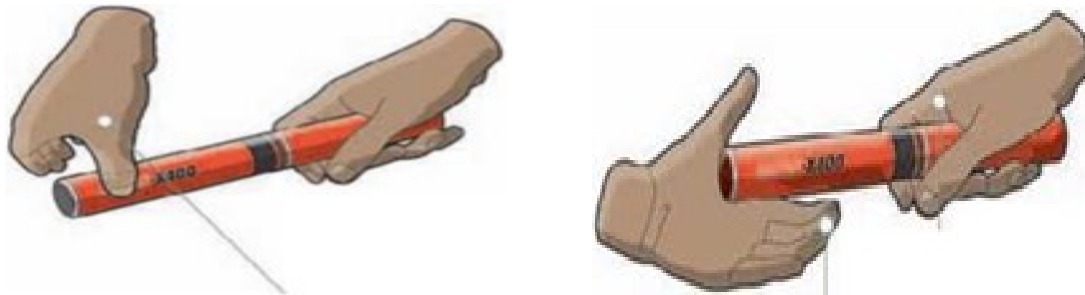
The passer hands the baton to the receiver in a downward movement. This method is popular in the 4x400 m relay, and is less risky than the alternative.

## **ALMASHISH VAQTI**

Estafeta musobaqasida estafeta tayoqchasini topshirish hal qiluvchi ahamiyatga ega va uni ehtiyotkorlik bilan bajarish kerak. 4x100 m masofa ichida uzatish "ko'r uzatish" deb nomlanadi, chunki qabul qiluvchi o'z sheriklari bilan aloqani saqlab turmaydi. Estafeta tayoqchasini qabul qilib oluvchi yugurish yo'lagida ma'lum bir joyga etib borganda, qabul qilish boshlaydi va tayoqni olib yugurib keluvchiga uzatadi, "tayoq!" deb baqiradi. 4x400 m estafetada qabul qilib oluvchi yugurib keluvchi sherigi yaqinlashganda orqaga qaraydi va tayoqchaga qo'l uzatadi.

<b>YUQORIDAN UZATISH</b>	<b>PASTDAN UZATISH</b>
4x100 m estafeta mashhur usul bo'lib, bunda tayoqcha olib yuguruvchi yuqoriga qarab harakatlanadi. Tayoqchani qabul qilib oluvchi navbatdagi masofa tugashidan oldin qo'lini uzatishii kerak.	Yugurib keluvchi pastga yo'naltirilgan harakat bilan tayoqchani qabul qiluvchiga uzatadi. Ushbu usul 4x400 m estafetada mashhur bo'lib, alternativaga qaraganda kamroq xavflidir.





## **HURDLES EVENT OVERVIEW**

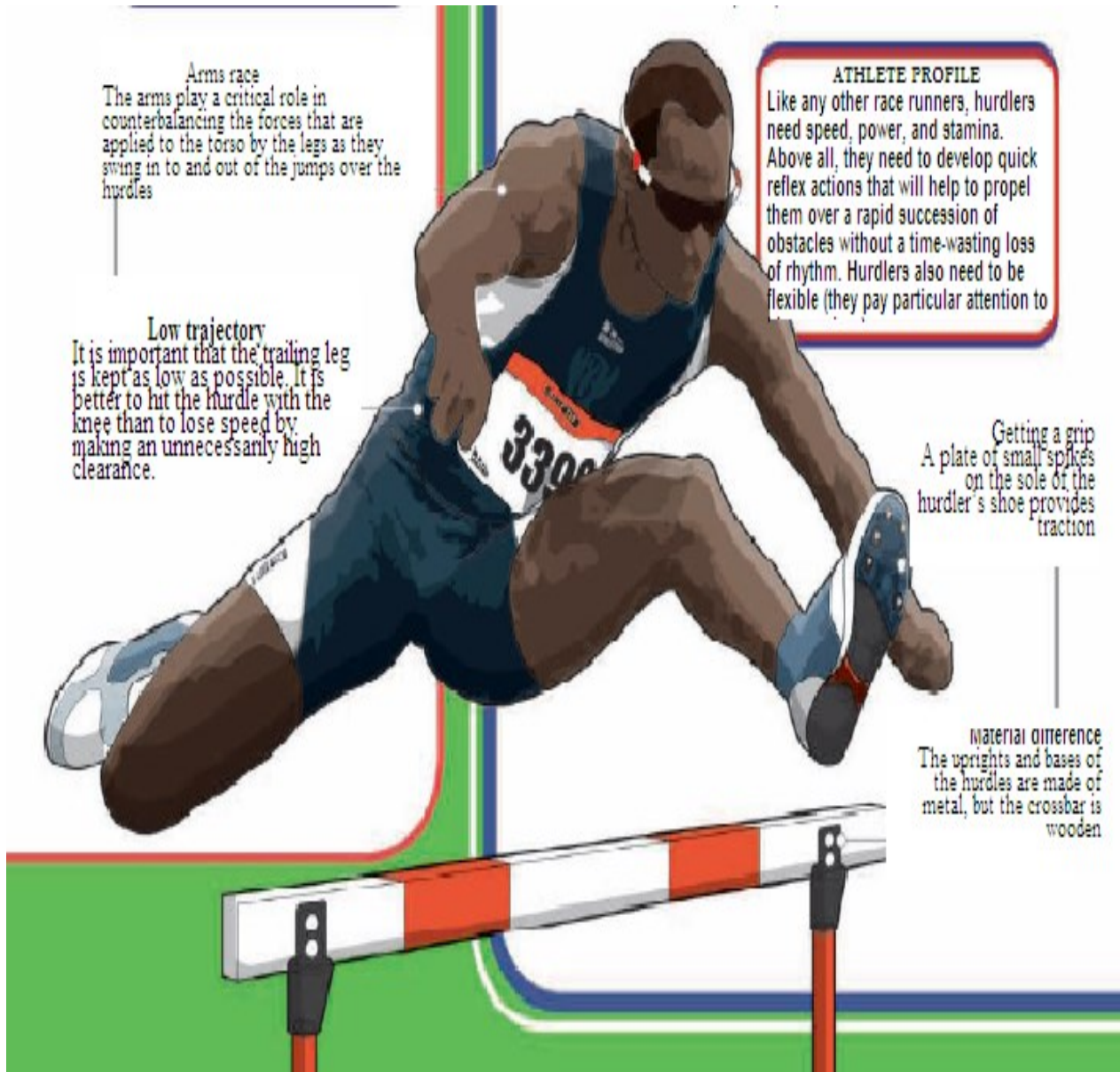
Always big crowd-pullers, hurdling events are among the most exciting at any athletics meet. The object of a hurdles race is to jump over a series of gatelike obstacles and reach the finish line first. There are four main outdoor events: 100 m for women and 110 m for men (both sprint hurdles), and 400 m races for both men and women.

### **SPRINT HURDLES**

In both the 100 m and 110 m hurdles, the competitors start out of the blocks and run along a straight course, jumping over 10 hurdles along the way. In the men's event, the first hurdle is 45 ft (13.7 m) from the starting line, and the distance between each hurdle is 30 ft (9.1 m). After the final hurdle, the runners sprint the remaining 47 ft 3 in (14.4 m) to the finish line. The first hurdle in the women's event is 42 ft 8 in (13 m) from the blocks. The hurdles are 29 ft 6 in (8.5 m) apart, and the last is positioned 34 ft 6 in (10.5 m) from the finish line.

### **ONE-LAP HURDLES**

In the 400 m hurdles, racers start from the blocks and must leap over 10 hurdles, just like the sprint-distance hurdlers. Racers start from staggered points on the track, according to their lane position. The hurdles are slightly lower in height than their sprint-distance equivalents. The first hurdle is positioned 147 ft 7 in (45 m) from the start, and the distance between each of the following hurdles is 114 ft 10 in (35 m). The last hurdle is 131 ft 3 in (40 m) from the finish line.



**Arms race**  
The arms play a critical role in counterbalancing the forces that are applied to the torso by the legs as they swing in to and out of the jumps over the hurdles

**Low trajectory**  
It is important that the trailing leg is kept as low as possible. It is better to hit the hurdle with the knee than to lose speed by making an unnecessarily high clearance.

**ATHLETE PROFILE**  
Like any other race runners, hurdlers need speed, power, and stamina. Above all, they need to develop quick reflex actions that will help to propel them over a rapid succession of obstacles without a time-wasting loss of rhythm. Hurlers also need to be flexible (they pay particular attention to

**Getting a grip**  
A plate of small spikes on the sole of the hurdler's shoe provides traction

**Material difference**  
The uprights and bases of the hurdles are made of metal, but the crossbar is wooden

# **TO'SIQLAR**

## **MUSOBAQA TO'G'RISIDA UMUMIY MA'LUMOT**

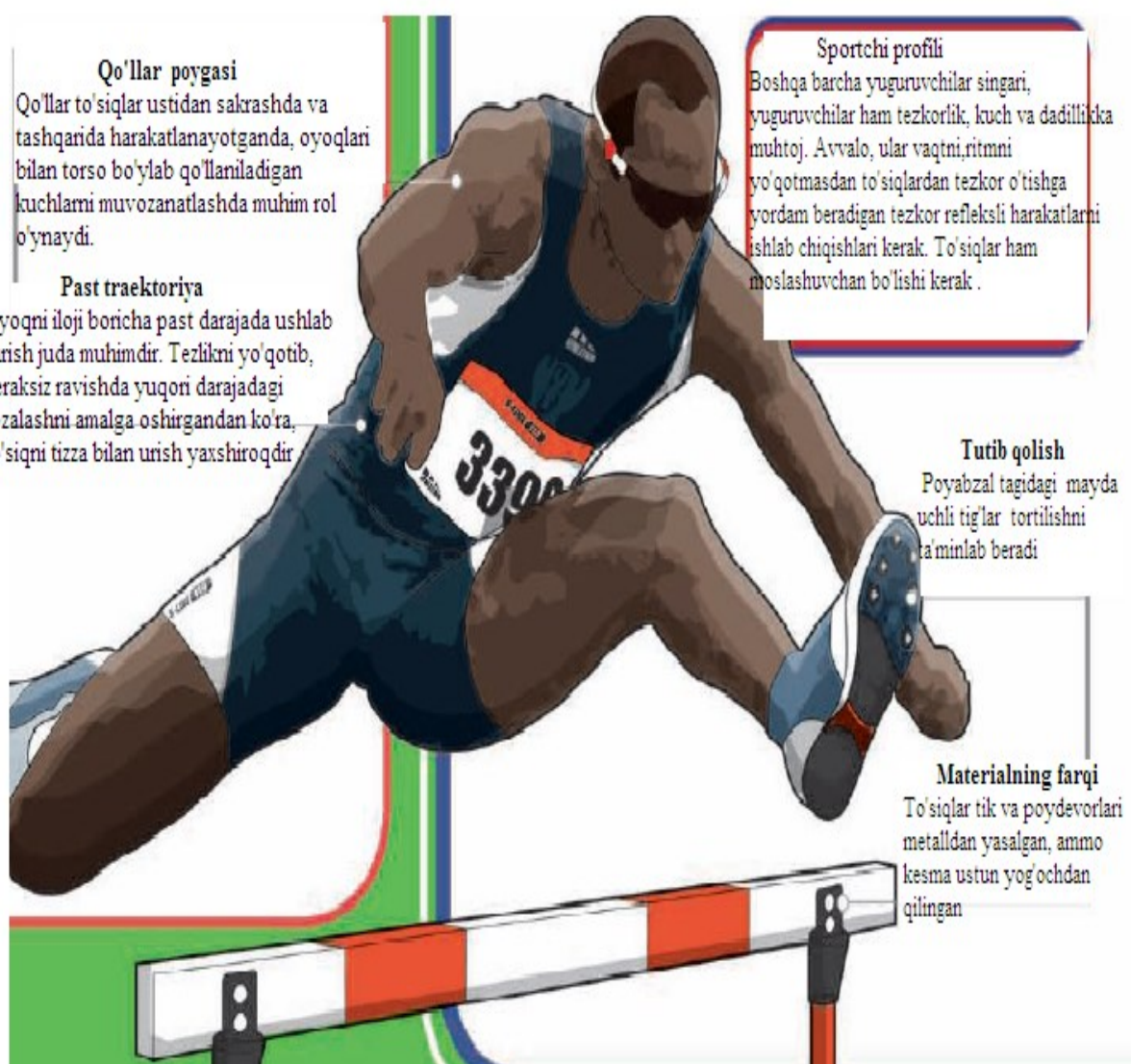
Har doim sport ishqibozlarini jalb qilish, shoshilinch hodisalar har qanday atletika uchrashuvida eng hayajonli voqealardan biri. To'siqlar osha yugurish poygasida yengil atletikachilar bir qator to'siqlaridan oshib o'tib, birinchi bo'lib marraga yetib keladilar. Ochiq maydonda yugurishning to'rtta asosiy turi mavjud: ayollar uchun 100 m va erkaklar uchun 110 m (ikkala sprint to'siqlari) va erkaklar va ayollar uchun 400 m poyga.

## **QISQA MASOFAGA TO'SIQLAR OSHA YUGURISH**

Ikkala turda ham 100 va 110 m to'siqlarda ham raqiblar start chizig'idan chiqib, 10 ta to'siqdan sakrab, to'g'ri yo'nalishda yugurishadi. Erkaklar musobaqasida birinchi to'siq boshlang'ich chiziqdan 45 fut (13.7 m), har bir to'siq orasidagi masofa 30 fut (9.1 m) bo'ladi. Yakuniy to'siqdan so'ng, yuguruvchilar qolgan 47 fut 3 metr (14.4 m) yugurishda marraga yetib kelishlari kerak. Ayollar musobaqasida birinchi to'siq start chizig'idan 42 fut 8 fut (13 m) masofada qo'yilgan. To'siqlar bir-biridan 29 fut 6 dyuym (8,5 m) masofada joylashilgan bo'lib, oxirgisi marradan 34 fut 6 fut (10,5 m) masofada joylashgan.

## **BIR QISMLI TO'SIQLAR**

400 m ga to'siqlar osha yugurishda sportchilar xuddi sprinter yugurish masofasidagi yuguruvchilar kabi start chizig'idan boshlab, 10 ta to'siqdan sakrab utishlari kerak. Bellashuv yo'lakning holatiga qarab, harakatlanish joylaridan boshlanadi. To'siqlar balandligi bo'yicha masofa va masofani bosib o'tish 100, 110 m masofalariga qaraganda bir oz pastroq bo'ladi. Birinchi to'siq start chizig'idan 147 fut 7 dyuym (45 m) masofada joylashgan va keyingi har bir to'siq orasidagi masofa 114 fut 10 (35 m). Oxirgi to'siq - marra chizig'idan 40 m masofada 131 fut 3 metrga teng.



### Qo'llar poygasi

Qo'llar to'siqlar ustidan sakrashda va tashqarida harakatlanayotganda, oyoqlari bilan torso bo'ylab qo'llaniladigan kuchlarni muvozanatlashda muhim rol o'ynaydi.

### Past traektoriya

Oyoqni iloji boricha past darajada ushlab turish juda muhimdir. Tezlikni yo'qotib, keraksiz ravishda yuqori darajadagi tozalashni amalga oshirgandan ko'ra, to'siqni tizza bilan urish yaxshiroqdir.

### Sportchi profili

Boshqa barcha yuguruvchilar singari, yuguruvchilar ham tezkorlik, kuch va dadillikka muhtoj. Avvalo, ular vaqtni, ritmni yo'qotmasdan to'siqlardan tezkor o'tishga yordam beradigan tezkor refleksli harakatlarni ishlab chiqishlari kerak. To'siqlar ham moslashuvchan bo'lishi kerak.

### Tutib qolish

Poyabzal tagidagi mayda uchli tig'lar tortilishni ta'minlab beradi.

### Materialning farqi

To'siqlar tik va poydevorlari metalldan yasalgan, ammo kesma ustun yog'ochdan qilingan.

## **NEED to KNOW**

- Hurdles events are divided into sprint races (110 m for men and 100 m for women), and the 400 m, which is run separately by men and women.
- Indoor hurdles are held over shorter distances—typically 60 m and 300 m. In such events, the distance between the hurdles remains the same as in the outdoor events; there are just fewer of them.

## **Interesting facts**

The number of hurdles in a hurdles race, which remains the same regardless of the distance run.

The time, in seconds, of the first 110 m hurdles world record, set in 1908.

The 13-second barrier was broken in 1981.

The number of times in the first 24 modern Olympic Games that gold in the men's 110 m hurdles was won by an athlete from the US. This overwhelming dominance was challenged in the first two Olympiads of the 21st century

The number of consecutive 400 m hurdles races won by Edwin “Ed” Moses between 1977 and 1987.

## **APPARATUS**

The height of the hurdles varies from event to event. The sprint events are known as “high” hurdles. Long hurdle races use slightly lower heights. Hurdles must all be L-shaped, and designed to fall over forward when hit. Adjustable hurdles, in which the height of the crossbar from the ground can be altered, are sometimes used for training.

## BILISHINGIZ KERAK

- To'siqlar osha yugurish musobaqalari erkaklar va ayollar uchun alohida bo'ladi (erkaklar uchun 110 m va ayollar uchun 100 m) va 400 m masofaga bo'linadi.
- Yopiq maydonda to'siqlar osha qisqa masofalarga yugurish-odatda 60 va 300 m masofada o'tkaziladi. Bunday musobaqalarda to'siqlar orasidagi masofa tashqaridagi musobaqalarda bo'lgani kabi qoladi.

### QIZIQARLI MA'LUMOTLAR

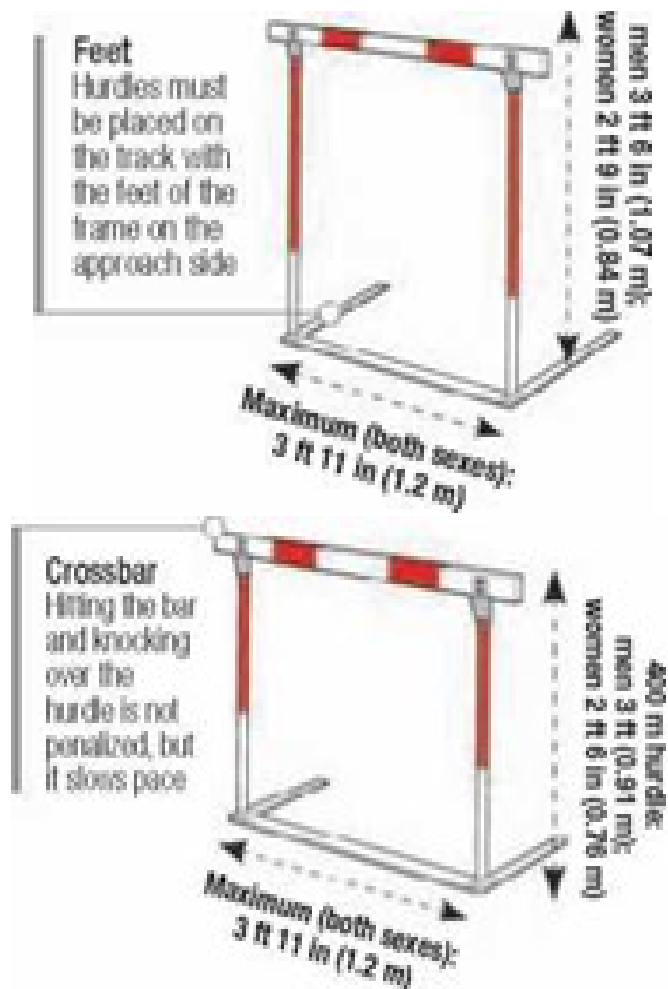
To'siqlar osha yugurishdagi to'siqlar soni, masofani bosib o'tishdan qat'iy nazar bir xil bo'ladi.

1908 yilda birinchi marotaba o'rnatilgan 110 metrlik jahon rekordining 13 soniya farq bilan 1981yilda rekord yangilandi.

Ilk 24 ta zamonaviy Olimpiada o'yinlarida erkaklar 110 metr to'siqlarda yugerishda oltin medalni AQSh sportchisi yutgan. Ushbu g'oyat ustunlik XXI asrning dastlabki ikkita Olimpiadasida shubha ostiga qo'yildi. Edvin "Ed" Moses tomonidan 1977 va 1987 yillar orasida ketma-ket 400 m to'siqlar osha yugurishda g'oliblik qo'lga kiritilgan.

### JIHOZLAR

To'siqlarning balandligi bir musobaqadan ikkinchi musobaqada farq qiladi. Sprint musobaqalari "yuqori" to'siqlari bilan mashhur hisoblanadi. Uzoq masofaga yugurish poygalarida biroz pastroq balandlikdan foydalanadi. To'siqlar L shaklida bo'lishi kerak va to'qnashuv paytida oldinga ag'darilish uchun mo'ljallangan bo'lishi kerak. Ba'zida er osti to'sig'ining balandligi o'zgarishi mumkin, ba'zida mashg'ulot qilishda ham foydalaniladi.



<b>“HIGH” HURDLES</b>	<b>INTERMEDIATE HURDLES</b>
<p>The highest hurdles (for each sex) are used in the sprint events: the 110 m race for men and the 100 m for women.</p>	<p>Slightly lower hurdles, height-adjusted according to sex, are used in the longer distance events: the men’s and women’s 400 m races.</p>

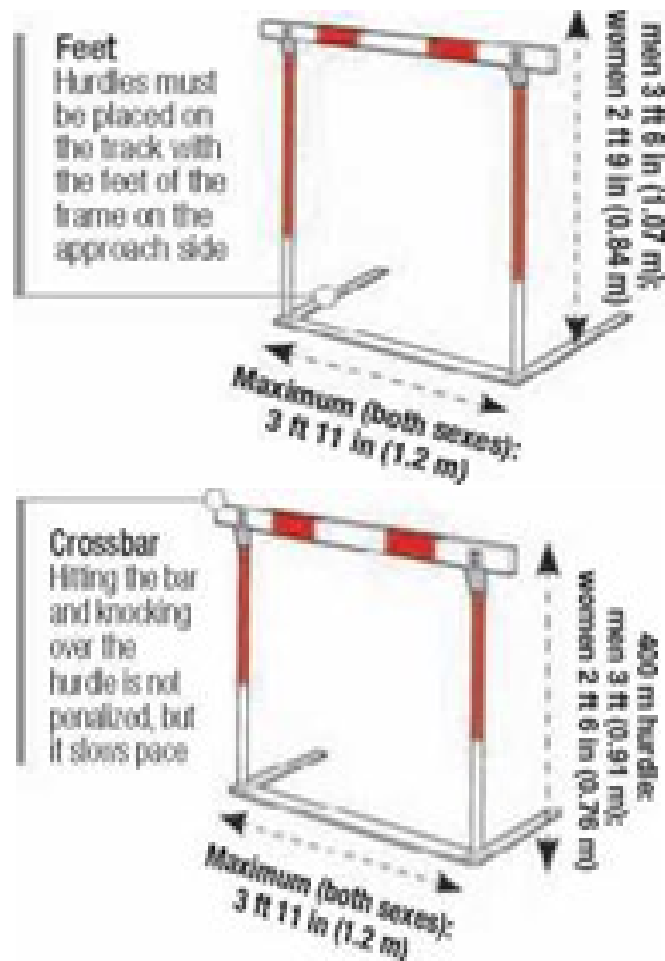
### TAKE IT IN STRIDE

Hurdlers do not try to maximize the length of their stride. Their main focus is on the approach to each hurdle, and maintaining a smooth, uninterrupted flow throughout the race: they should never break step for an upcoming hurdle. The other key to success is efficient and economical jumping. To achieve this, competitors "run through" the hurdles—in other words, they simply lift their legs, rather than jump in the conventional sense of the word, and try to stay as close to the track as possible throughout the race. They generally lead with the same leg over every hurdle.



## ARMED FOR ACTION

The best hurdlers make full use of their arms to balance their bodies. As they attack the hurdle, they stretch forward, reaching for their lead leg with their opposite hand. This action—which is sometimes referred to as "checking the time" because the runner seems to be looking at the top of his or her wrist—brings the forehead close to the leading knee. The other arm swings backward in a normal sprint racing action.



### “BALAND” TO‘SIQLAR

Eng yuqori to‘siqlar (har bir jins uchun) sprint musobaqalarida qo‘llaniladi: erkaklar uchun 110 m va ayollar 100 m: erkaklar va ayollar 400 m masofaga yugurishda.

### O‘RTACHA TO‘SIQLAR

Bir oz pastroq to‘siqlar, bir xil jins bo‘yicha musobaqada balandligi moslangan, uzoqroq masofada ishlatiladi.



## **MASOFANI SAQLANG**

To'siqlar atletlarning qadamlarini maksimal darajada yuqori ko'tarishini talab qilmaydi. Ularning asosiy maqsadi har bir to'siqqa yaqinlashishda va musobaqa davomida silliq, uzluksiz harakatni saqlashdir. Ular hech qachon yaqinlashib kelayotgan to'siq uchun qadamni uzunliginiuzgartirmaslik kerak. Muvaffaqiyatning yana bir kaliti bu samarali va iqtisodiy sakrashdir. Bunga erishish uchun raqiblar to'siqlardan o'tib ketadilar, boshqacha aytganda, ular shunchaki oyoqlarini ko'tarishadi, boshqacha so'z bilan aytganda sakrashdan ko'ra, poyga davomida iloji boricha stadiona yaqinroq bo'lishga harakat qilishadi. Odatda ular har bir to'siqni bir xil oyoq bilan sakrab utishadi.

## **HARAKAT UCHUN QUROLLANGAN**

Eng yaxshi to'siqlar sportchilarning o'zlarining tanalarini muvozanatini saqlash uchun qo'llaridan to'liq foydalanishni ta'minlaydi. Ular to'siqdan sakrab o'tishda, oldinga engashib, oyoqlari bilan oldinga intilganda oyoqlarga nisbatan qo'llari qarama-qarshi tomonga harakat qiladi. Bu harakat ba'zida "vaqtni tekshirish" deb nomlanadi, chunki yuguruvchi bilagi yuqoriga qarab ko'tarilganda peshonasini tizzaga yaqinlashtiradi. Oddiy sprint poygasida ikkinchi qo'l orqaga ketadi.

## **MIDDLE-DISTANCE EVENTOVERVIEW**

The most common middle- distance events are the 800 m and the 1,500 m, with steeplechasing also regularly included. Many athletes compete in both the 800 m and the 1,500 m, as the training and physical requirements are similar. Tactics play a part in these races, which are often won or lost in the last few feet. Middle-distance races have always been among the core events of the Olympics and all athletic championships.



## O‘RTA-MASOFA MUSOBAQAGA UMUMIY TA‘RIF

Eng katta o‘rta masofaga yugurish musobaqalari 800 m va 1500 m masofani bosib o‘tishdir. Ko‘plab sportchilar 800 m va 1500 metrga yugurishadi, chunki ularning mashg‘ulot jarayoni va jismoniy tayyorgarligi bir-biriga o‘xshash. Ushbu poygalarda taktika muhim rol o‘ynaydi, ularning tez-tez g‘alaba qozonishida yoki so‘nggi bir necha oy ichida yutqazganligidagi qo‘llanilgan taktika muhim ahamiyatga ega. O‘rta masofaga yugurish har doim Olimpiada va barcha nufuzli sport musobaqalarining asosiy tadbirlaridan biri bo‘lgan.



## THE MAIN EVENTS

In the 800 m, runners complete two laps around a standard 400 m track. They start from staggered positions along the track and have to stay in their starting lane until the end of the first curve (about 100 m). The 800 m requires speed and endurance so competitors plan their race and use carefully considered and practiced tactics. The 1,500 m event consists of three and three-quarter laps around the standard outdoor track and is often called "the metric mile." With an increasingly scientific approach to performance and training, runners have been able to make this race an extended sprint. However, like the 800 m, the 1,500 m remains very mentally taxing.

## **STAYING BEHIND –A GOOD TACTIC**

Staying at the back is not recommended, but in the 1936 Olympics, John Woodruff was boxed in early in the 800 m. slowing almost to a stop, he let the runners pass, and still won. In 2004, Kelly Holmes had success using a similar tactic.

## **BREAKING TO THE INSIDE**

Leaving the starting lane after the first curve, called breaking to the inside, allows runners to compete against each other more effectively. Breaking lanes must be done without deliberately obstructing or barging another competitor, although elbow clashing is almost unavoidable.

## **RUNNING GEAR**

As for all athletics events, the gear a middle-distance runner wears is chosen with great care. There is an emphasis on lightweight, technical modern materials with little wind resistance and advanced wicking properties. A close, flexible, and comfortable fit are essentials in both the shoes and the clothes.

## **ASOSIY MUSOBAQALAR**

800 m masofaga yuguruvchilar standart 400 m masofani ikki marta aylanib o'tadilar. Ular yugurishni yo'lak bo'ylab harakatlanuvchi marra chizig'idan boshlaydilar va birinchi burilishni (viraj) oxirigacha (taxminan 100 m) o'z yo'algidan yugirib keyin birinchi yo'lakda musobaqani davom etadilar. 800 m masofaga yugurish tezlik va chidamlilikni talab etadi, shuning uchun sportchilar o'z tayyorgarligini yaxshilab rejalashtirishadi, va o'z taktikasini amalda qo'llanilar. 1500 metrlik masofaga yugurish musobaqasi stadionni marra chizig'dan 100m naridan boshlab 100m kam 4 marta aylanib utadilar. Mashg'ulotlarga ko'proq ilmiy yondashgan holda shug'ullangan yuguruvchilar bu bellashuni keng miqyosli sprintga aylantirishga muvaffaq bo'lishadi. Biroq, 800 m singari, 1500 m ham juda aqliy kuchni talab etadi.

## **RAQIBNI ORQASIDAN YUGURISH - YAXSHI TAKTIKA**

Orqa tomonda turish tavsiya etilmaydi, ammo 1936 yilgi Olimpiada o'yinlarida Jon Vudraff 800 m masofada siquvda qolgan. U deyarli to'xtashga yaqinlashganda yuguruvchilarga imkon berdi va baribir g'olib bo'ldi. 2004 yilda Kelli Xolms xuddi shu taktikadan foydalanib muvaffaqiyat qozondi.

### **BIRINCHI YO'LAKKA UTISH**

Staadionni yo'laklarga bo'linish deb atalgan ibora musobaqada sportchilar birinchi borilishdan songo'z yo'lagidan chiqib birinchi yo'lakka utishga aytiladi. yuguruvchilarga raqibi bilan yanada samarali raqobatlashishga imkon beradi. Tirsaklarning to'qnashuvi mumkin bo'lmasa ham, raqiblarni lol qoldirishga qasddan qilmasdan, boshqa raqibga to'sqinlik qilmasdan amalga oshirilishi kerak.

### **YUGURISH MEXANIZMI**

Yengil atletikaning barcha musobaqalariga kelsak, o'rta masofaga yuguradigan sportchi juda ehtiyotkorlik bilan tayyorlanadi. Chidamlilik va tezko-chidamlilikka va muvozanat saqlash xususiyatlariga kam e'tibor qaratiladi, zamonaviy taktika, texnikaga esa urg'u beriladi. Yopiq, moslashuvchan va qulay kiyim poyafzal ham muhimdir.

### **STEEPLE CHASE**

Usually 3,000 m, the steeplechase includes 35 jumps, seven of which are water jumps. Normally, four barriers are placed around the track, with the water jump—the fifth barrier—at the top of the second turn, either to the inside of lane one or to the outside of the outermost lane. Barriers, which do not fall over if hit, are placed 256 ft (78 m) apart; runners start jumping them after the first half lap. They must be cleared cleanly by jumping, stepping on and over, or vaulting.

### **THE FOOTWEAR**

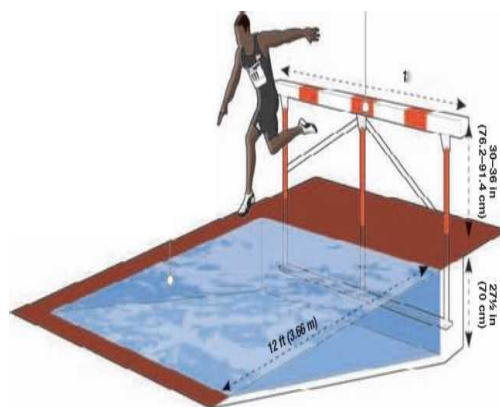
Steeple chasing shoes are streamlined and lightweight, usually with  $J4^{-3}/6$  in (6-8 mm) pyramid spikes on the sole. Spikes provide extra traction for negotiating the barriers and staying on the track. High-tech midsole and ankle cushioning is also provided.



Rubber sole  
Flexible, solid  
rubber outer  
soles are fitted  
with nylon  
spike plates

## G'OVLAR OSHA YUGURISH

Odatda 3000 m masofaga yugurish 35 ta g'ovlarni oshib utishni o'z ichiga oladi, ularning ettitasi suv to'ldirilgan g'ovdan sakrashdir. Odatda, suv to'ldirilgan g'ovdan sakrash bilan qo'shganda yo'l bo'ylab to'rta to'siq qo'yiladi, - beshinchi to'siq, ikkinchi 100m burilishning oxirida, birinchi yo'akda yoki 2,3-yo'lakning oxiriga qo'yiladi. G'ovlar yuguruvchilar yiqilmasligi uchun bir-biridan 256 fut (78 m) masofada joylashgan bo'ladi; yuguruvchilar birinchi yarim bosqichdan keyin sakrashni boshlaydilar. Ular sakrab o'tish, g'ovni bosib tepsinish orqali oshiriladi.



## OYOQ KIYIMI

G'ovlar osha yuguruvchilarning poyabzallari tik soddalashtirilgan va engil, odatda tagida J4-3 / 6 (6-8 mm) uchli mixlar joylashtirilgan. Uchli mixlar g'ovlarga barham beradi va yo'lda qo'shimcha depsinish imkoniyatini beradi. Shuningdek, yuqori texnologiyali tagicharm poyabzallardan foydalanish imkoniyati beradi.



Kauchuk taglik  
Moslashuvchan,  
qattiq kauchuk  
tashqi tagliklari  
neylon  
boshqosimon  
plitalar bilan  
jhozlangan



## RUNNING TECHNIQUES

Posture and balance are important in a middle-distance runner. These enable acceleration and maintenance of high speeds. The athlete concentrates on relaxing into the stride, with their arms held close to the body but hanging loosely from the shoulders, allowing them to swing with the body in a down and back movement. In the 800 m race, runners aim to complete both laps in more or less the same time. The 1,500 m is also run at a steady pace throughout.

### TRAINING

Middle-distance runners need fast and slow twitch muscles, the first for speed, the second for endurance. Interval training, in which fast work is interspersed with short recovery periods, is used to build these, and to increase aerobic and anaerobic fitness. Running at race speeds as well as slower endurance runs are included in training.

#### STARTING POSITIONS

Runners start without blocks. They stand on the toes of the back foot and the ball of the front foot, opposite arms back and forward respectively.

#### Body position

To accelerate at the start, runners lean forward, but they soon straighten their body to run.

#### Feet position

On "go," the back foot drives forward onto the power foot. The arms swing to aid acceleration.



## YUGURISH TEXNIKASI

Oʻrta masofali yugurishda vazn va muvozanat muhimdir. Bu yuqori tezlikni tezlashtirishga va saqlashga imkon beradi. Sportchi qadamlarini mustahkam quyishga, qoʻllarini tanaga yaqin tutishga qaratgan holda harakatlanish, bu tanani oldinga va orqaga harakatlanishga imkon beradi. 800 metrga yugurish musobaqasida yuguruvchilar ikkala aylanani bir vaqtning oʻzida bajarishga intilishadi. 1500 m masofada ham tez sur'atda yuguradi.

### MASHG'ULOT

Oʻrta masofaga yuguruvchilariga ham tez, ham sekin harakatlantiruvchi mushaklar mavjud, birinchisi tezlik uchun, ikkinchisi chidamlilikka kerak. Bulardan aerob va anaerobik tayyorgarlikni oshirish uchun tezkor va sportchi organizmini tiklanish davrlari tez boʻlishiga bogʻliq boʻlgan interval mashg'ulotlaridan foydalaniladi. Poygada yugurishda tez yugurish bilan bir qatorda, shuningdek, sekinroq yugurish ham mashg'ulotlarga kiritilgan.

Yuguruvchilar bloksiz boshlanadi. Ular orqa oyoq barmoqlarida turishadi oldingi oyoq tovoni, qoʻllar qarama-qarshi oldinga va orqaga holatda boʻladi

**Tananing holati**  
Boshida tezlashish uchun yuguruvchilar oldinga egilishadi, lekin ular tez orada yugurish uchun tanalarini toʻgʻrilaydilar.

**Oyoqlarning holati**  
"Yuish" da orqa oyoq oldinga siljiydi. Tezlikni oshirish uchun qoʻllar yordam beradi





## **LONG DISTANCE RUNNING EVENT OVERVIEW**

Long-distance running events include 5,000 m and 10,000 m races, cross-country running, and marathons. The 5,000 m and 10,000 m runs and the marathon are Olympic events. The runs take place on a stadium track, while the marathon route is staged around the streets of the host city. Some 5,000 m and 10,000 m races are held off-road, in which case they are usually known as 5 km and 10 km runs.

### **THE OVAL TRACK**

In 5,000 m and 10,000 m races, the competitors start off on a slightly curved line across the track, but soon move to the inside lane to minimize the total distance they have to run. One lap around the track equals 400 m. Consequently, in a 5.0 m event, the athletes must run 200 m (the start line is near the 200 m start) and then 12 complete laps. In them event, the competitors run 25 times around the track. Both races finish at the same line.

### **ATHLETE PROFILE**

Long-distance runners are lighter, more slightly built, and more wiry than the more muscular powerhouse sprinters. Stamina and endurance are essential, as is aerobic strength: it's vital that the heart pumps blood around the body as efficiently as possible to allow more oxygen to reach tired muscles. Success in long-distance running comes not only through peak physical fitness but also through mental endurance and tactical thinking. Competitors are pushed to their physical and mental limits, and being able to pace yourself to conserve energy, or knowing when to hang back or push forward, is vital.

## **UZOQ MASOFAGA YUGURISH MUSOBAQAGA UMUMIY TA'RIF**

Uzoq masofaga yugurish musobaqalari 5000 va 10000 m yugurish, notekis joyda yugurish va marafon yugurishni o'z ichiga oladi. 5,000 metergayugurish va 10,000 meter yugurishhamdamarafonyugurish Olimpiada dasturidan joy olgan. Yugurish musobaqalari stadion yo'laklarida, marafon yugurish musobaqasi esa shahar ko'chalarida o'tkaziladi. Ba'zi paytlarda 5000 m va 10000 m masofaga yugurish musobaqalari shosseda o'tkaziladi, chunki ular odatda 5 km va 10 km yugurish deb nomlanadi.

### **OVAL YO'LAK**

5000 m va 10000 m masofaga yugurish musobaqalarida sportchilarmarra chizig'ida yo'lakka bir oz egri holda chizilgan start chizig'idan boshlashadi, lekin umumiy masofani tezda minimallashtirish uchun birinchi yo'lakka o'tadi. Yo'lak bo'ylab bir marta aylanish 400 m ga teng. Shunday qilib, 5.000 m masofada yugurish musobaqasida sportchilar 200 m chizigi start oliib yugurish kerak (start chizig'i 200 m startga yaqin) va keyin 12 ta to'liq aylanishni amalga oshirishlari kerak. 10 000 metrga yugurish musobaqasida qatnashuvchilar yo'lak bo'ylab 25 marta yugurishadi. Ikkala poyga ham bir chiziqda -marrada tugaydi.

### **SPORTCHINING TUZULISHI**

Uzoq masofaga yuguruvchilar uzun bo'yli, ozg'inroq va sprinter yuguruvchilarga qaraganda mushaklari kuchli bo'ladi. Aerobik quvvat kabi bardosh va chidamlilik juda muhimdir: yurakning iloji boricha qonni tananing atrofidagi charchagan mushaklarga ko'proq kislorodni samarali etkazib berishi juda muhimdir. Uzoq masofaga yugurishda muvaffaqiyat nafaqat jismoniy tayyorgarlikning yuqori cho'qqisiga, balki aqliy bardosh va taktik fikrlashga ham bog'liqdir. Qatnashuvchilar o'zlarining jismoniy va aqliy qobiliyatlariga berilib ketadilar va o'zingizni quvvatni tejashga qodir bo'lishingiz yoki qachon orqaga yoki oldinga turishni bilishingiz juda muhimdir.

## INTERESTING FACTS

**6.255** - The number of runners to cross the finish line at the first ever London Marathon. The ever – popular annual event was first staged in the city in 1981.

**21.1** – The length, in kilometers (13 miles), of a half marathon. Moses Tanui was the first athlete to complete the event in under 60 minutes, setting the record in 1993 in Milan.

**8**-the number of records broken in a single women’s 10,000m race at the 2002 Asian games in Busan. Chinese runner Sun Yingjie won the race, and the first four finishers produced the 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup> best times ever.

**20**- Haile Gebrselassie’s age when he won his first World Championship gold in the 10,000 m. He went on to win another three titles and is one of the most celebrated long- distance runners of all time.

## NEED TO KNOW

- ❖ While the men's 5,000 m and 10,000 m events have featured in the Olympics since 1912, the women's 10,000 m and 5,000 m runs only debuted in 1988 and 1996, respectively.
- ❖ The length of the marathon commemorates the Greek soldier who, in 490 BCE, ran from Marathon to Athens with news of the Greek victory over the Persians.
- ❖ Marathons in London, New York, Chicago, Hong Kong, and Honolulu each attract more than 30,000 runners.

## QIZIQARLI MA'LUMOTLAR

**9.58,00-100m** masofaga **Useyn Bold** tomonidan urnatilgan jahon rekordi

**6.255**-London marafonida birinchi marrani bosib o'tgan yuguruvchilar soni. Har yili ommabop bo'lgan yillik tadbir birinchi marta shaharda 1981 yilda bo'lib o'tdi.

**21.97** — Yarim marafonning uzunligi (13 mil).Muso Tanui musobaqani 60 daqiqada yakunlagan birinchi sportchi bo'lib, 1993 yilda Milanda rekord o'rnatgan.

**8** - 2002 yilda Pusan shahrida bo'lib o'tgan Osiyo o'yinlarida bitta ayolning 10000 metrga yugurishidagi rekordlar soni.Xitoylik sportchi Sun Yingjie musobaqada g'olib chiqib va birinchi to'rtta natija 3000m, 4000m, 5000m va 6000mlarga-marta eng yaxshi natijai ko'rsatdi.

**20**- Xail Gebrselassining 10000 metrga birinchi jahon chempionatida oltin medalni qo'lga kiritganida u 20 yoshda edi.U yana uchta unvonga sazovor bo'lgan va u shu masofadayugirgan barcha vaqtdagi eng mashhur yuguruvchilardan biri hisoblanadi.

## BILISHINGIZ KERAK

- ❖ 1912 yildan beri Olimpiada o'yinlarida erkaklar 5000 m va 10000 m yugurish musobaqalarida qatnashgan bo'lsa ham, ayollarning 5000 m va 10000m yugurishini faqat 1988 va 1996 yillarda muhokama qilishgan.
- ❖ Marafon: miloddan avvalgi 490 yilda greklar eroniylar ustidan g'alaba qozonganda grek askari Marafondan Afinaga yugirib kelib,-“Afinaliklar xursand bo'ling biz g'alaba qozondek”, deb eqilib ulganlikbilan yod olishadi.
- ❖ Moskva,London, Berlin, Rim, Nyu-York, Chikago, Gonkong va Gonolulida marafon o'tkazilgan va har birida 30 mingdan ortiq yuguruvchi ishtiroketgan.

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Islomova H.F.

# Sport book

By Bob Bridle, Richard Gilbert

## (Track and field)

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