



## Athletics Events (48)

Photos via USA Today, Business Insider, Reuters, Los Angeles Times



### Track Events

100m 200m 400m 800m 1500m 5000m  
10,000m 100m Hurdles 110m Hurdles  
400m Hurdles 3000m Steeplechase  
4x100m Relay 4x400m Relay



### Road Events

Marathon  
20km Walk  
Marathon Walk Relay



### Field Events

High Jump Pole Vault Long Jump  
Triple Jump Shot Put Discus Throw  
Hammer Throw Javelin Throw



### Combined Events

Heptathlon  
Decathlon

## How Olympic Athletics Works

Athletics events are broken out by track events, road events, field events, and combined events. For the first time in Olympic history, there will be an equal number of medal events for men and women in the athletic events.

### Track Events

For the most part, all of the track events are self-explanatory. Athletes compete to finish the race first on a 400 meter track. There are both men's and women's competitions in all of the events listed in the top left with a couple of exceptions. The 100m hurdles is a female event while the 110m hurdles is a male event. In addition, there is a mixed 4x400m relay along with the men's and women's 4x400m relay.

### Road Events

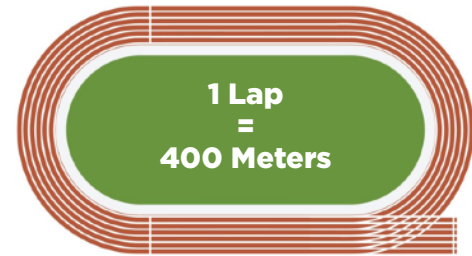
The men's and women's marathon is one of the iconic races in the Olympics and typically closes out the Summer Games. That's true in 2024 with the men's marathon taking place on August 10th and the women's marathon taking place on August 11.

In addition to the two marathons, there are race walking events including the 20km walk and the *marathon walk relay*. The latter event is brand new and takes the place of the 50km walk in this year's games. In the marathon walk relay, two racers (one male and one female) make up a team. There are four "legs" to the race: 1) Male 11.45km 2) Female 10km 3) Male 10km 4) Female 10.745km. At the end of the marathon race walk, the team will have covered a distance of 42.195 kilometers (26.2 miles).

### Field Events

The 16 field events can be broken down into *jumping events* and *throwing events*. In the *high jump*, athletes attempt to jump over a bar that is moved higher following a successful jump. If the bar falls during a jump attempt, the effort is considered a *failed jump*. Athletes receive three attempts to clear a particular height. If they cannot clear that height in three attempts, they are eliminated from the competition. The gold medal winner is the last remaining athlete and the silver and bronze medals are awarded to the runners up. In the case of a tie (for example, if four jumpers are left in the competition but all fail to clear the bar at a particular height), the winner is the jumper who had the fewest failed attempts at the current height. If that factor does not break the tie, the winner will be the jumper who had the fewest failed attempts throughout the entire competition. If the tie is *still* not broken, a "jump off" will occur. However, it's worth noting that jumpers can mutually agree to share the gold medal which is exactly what happened in a beautiful moment during the Tokyo Games!

These same rules apply in the *pole vault* event.



### Walk, Don't Run

In race walking events, an athlete must have one foot making contact with the ground at all times. That doesn't mean that these competitors move slowly, however. In 2020, the best time in the 20km race walk was 1:21:05, a pace of approximately 9.2 miles per hour or a 6:30 mile.

### 2020 Athletics Standings



**USA - 1st**



**JAM - 2nd**



**KEN - 3rd**



**POL - 4th**



**CAN - 5th**



**CHN - 6th**

# Athletics World Records

## MEN

| Event         | Time            | Name (Nation)                       | Date           |
|---------------|-----------------|-------------------------------------|----------------|
| 100m          | <b>9.58</b>     | Usain Bolt (JAM)                    | Aug 16, 2009   |
| 200m          | <b>19.19</b>    | Usain Bolt (JAM)                    | Aug 20, 2009   |
| 400m          | <b>43.03</b>    | Wayde Van Niekerk (RSA)             | Aug 14, 2016   |
| 800m          | <b>1:40.91</b>  | David Rudisha (KEN)                 | Aug 9, 2012    |
| 1500m         | <b>3:26.00</b>  | Hicham El Guerrouj (MAR)            | July 14, 1998  |
| 5000m         | <b>12:35.36</b> | Joshua Cheptegei (UGA)              | Aug 14, 2020   |
| 110m Hurdles  | <b>12.80</b>    | Aries Merritt (USA)                 | Sept 7, 2012   |
| 400m Hurdles  | <b>45.94</b>    | Karsten Warholm (NOR)               | Aug 2, 2021    |
| 3000m Steeple | <b>7:52.11</b>  | Lamecha Grima (ETH)                 | June 9, 2023   |
| 4x100m Relay  | <b>36.84</b>    | Bolt/Blake/Frater/Carter (JAM)      | Aug 11, 2012   |
| 4x400m Relay  | <b>2:54.29</b>  | Valmon/Watts/Reynolds/Johnson (USA) | Aug 22, 1993   |
| Marathon      | <b>2:00:35</b>  | Kelvin Kiptum (KEN)                 | Oct 8, 2023    |
| 20km Walk     | <b>1:16.36</b>  | Yusuke Suzuki (JPN)                 | Mar 15, 2015   |
| High Jump     | <b>2.45</b>     | Javier Sotomayor (CUB)              | July 27, 1993  |
| Pole Vault    | <b>6.24</b>     | Armand Duplantis (SWE)              | April 20, 2024 |
| Long Jump     | <b>8.95</b>     | Mike Powell (USA)                   | Aug 30, 1991   |
| Triple Jump   | <b>18.29</b>    | Jonathan Edwards (GBR)              | Aug 7, 1995    |
| Shot Put      | <b>23.56</b>    | Ryan Crouser (USA)                  | May 27, 2023   |
| Discus Throw  | <b>74.08</b>    | Jürgen Schult (GDR)                 | Jun 6, 1986    |
| Hammer        | <b>86.74</b>    | Yuriy Sedykh (URS)                  | Aug 30, 1986   |
| Javelin Throw | <b>98.48</b>    | Jan Železny (CZE)                   | May 25, 1996   |

In the *long jump*, jumpers have a “runway” to use to prepare for their jump. In this event, athletes jump into a sandpit and the distance of the jump is measured by the indentation in the sand closest to the take-off board. Athletes are given a certain number of jumps per round (usually three in the preliminary rounds and six in the final round) and their best jump is the one that counts.

The term “hop, skip, and jump” is an accurate description of the *triple jump* event. Like the long jump, jumpers have a runway to use in preparation of their jump, but may execute a hop, skip, and jump to accelerate their momentum. This event uses the same format as the long jump discussed above.

## Combined Events

The two combined events are the *women’s heptathlon* and the *men’s decathlon*.

The women’s heptathlon contains seven events: 100 meter hurdles, high jump, shot put, 200 meters, long jump, javelin throw, and 800 meters. An athlete completes in all seven events over the course of two days and earns points based on their times or distances in the seven competitions. A scoring system utilizes a formula to determine the number of points for each event. For example, an athlete would receive 1,000 points for a high jump of 1.82 meters but would also receive 1,000 points for a javelin throw of 57.18 meters and an 800 meter time of 2:07.63. The world record number of points for in a heptathlon is 9,119.

The men’s decathlon utilizes the same format for ten events that take place over the course of two days. Those events are the 100 meters, long jump, shot put, high jump, 400 meters, 110 meter hurdles, discus throw, pole vault, javelin throw, and 1,500 meters.

## Athletics Schedule

Events in ET, medal events in **bold**

### Thursday, August 1

**1:30 AM - Men’s 20km Race Walk**  
**3:20 AM - Women’s 20km Race Walk**

### Session 1 - Friday, August 2 - 4:05 AM

Men’s Decathlon Day 1 - Men’s Hammer Throw Qualification - Women’s High Jump Qualification - Women’s High Jump Qualification - Women’s 100m Prelims/Round 1 - Men’s 1500m Round 1

### Session 2 - Friday, August 2 - 12:15 PM

Men’s Decathlon Day 1 - Women’s Triple Jump Qualification - Women’s Discus Throw Qualification - 4x400m Mixed Relay Round 1 - Women’s 800m Round 1 - Men’s Shot Put Qualification - **Men’s 10,000m Final**

### Session 3 - Saturday, August 3 - 4:05 AM

Men’s Decathlon Day 2 - Men’s Pole Vault Qualification - Men’s 100m Prelims/Round 1 - Women’s 800m Repechage

### Session 4 - Saturday, August 3 - 1:10 PM

**Men’s Decathlon Day 2** - Men’s 1500m Repechage - **Men’s Shot Put Final** - **Women’s 100m Semis/Final** - **Women’s Triple Jump Final** - **4x400m Mixed Relay Final**

### Session 5 - Sunday, August 4 - 4:05 AM

Women’s 3000m Steeplechase Round 1 - Women’s Hammer Throw Qualification - Women’s 200m Round 1 - Men’s Long Jump Qualification - Men’s 110m Hurdles Round 1 - Women’s 400m Hurdles Round 1

### Session 6 - Sunday, August 4 - 1:05 PM

Men’s 400m Round 1 - **Women’s High Jump Final** - Men’s 100m Semis - **Men’s Hammer Throw Final** - Women’s 800m Semis - Men’s 1500m Semis - **Men’s 100m Final**

### Session 7 - Monday, August 5 - 4:05 AM

Men’s 400m Hurdles Round 1 - Men’s Discus Throw Qualification - Women’s Pole Vault Qualification - Women’s 400m Hurdles Repechage - Men’s 400m Repechage - Women’s 400m Round 1 - Women’s 200m Repechage

### Session 8 - Monday, August 5 - 1:00 PM

**Men’s Pole Vault Final** - Men’s 3000m Steeplechase Round 1 - Men’s 200m Round 1 - **Women’s Discus Throw Final** - Women’s 200m Semis - **Women’s 5000m Final** - **Women’s 800m Final**

### Session 9 - Tuesday, August 6 - 4:05 AM

Women’s 1500m Round 1 - Men’s Javelin Throw Qualification - Men’s 110m Hurdles Repechage - Women’s Long Jump Qualification - Women’s 400m Repechage - Men’s 400m Hurdles Repechage - Men’s 200m Repechage

### Session 10 - Tuesday, August 6 - 1:35 PM

Men’s 400m Semis - **Women’s Hammer Throw Final** - Women’s 400m Hurdles Semis - **Men’s Long Jump Final** - **Men’s 1500m Final** - **Women’s 3000m Steeplechase Final** - **Women’s 200m Final**

## WOMEN

| Event               | Time            | Name (Nation)                               | Date                |
|---------------------|-----------------|---|---------------------|
| 100m                | <b>10.49</b>    | F. Griffith-Joyner (USA)                    | July 16, 1988       |
| 200m                | <b>21.34</b>    | F. Griffith-Joyner (USA)                    | Sept 29, 1988       |
| 400m                | <b>47.60</b>    | Marita Koch (GDR)                           | Oct 6, 1985         |
| 800m                | <b>1:53.28</b>  | Jarmila Kratochvílová (TCH)                 | July 26, 1983       |
| 1500m               | <b>3:49.11</b>  | Faith Kipyegon (KEN)                        | June 2, 2023        |
| 5000m               | <b>14:00.21</b> | Gouda Tsegay (ETH)                          | Sept 17, 2023       |
| 100m Hurdles        | <b>12.12</b>    | Tobi Amüsant (NGR)                          | July 24, 2022       |
| <b>400m Hurdles</b> | <b>50.65</b>    | <b>McLaughlin-Levrone (USA)</b>             | <b>Jun 30, 2024</b> |
| 3000m Steeple       | <b>8:44.32</b>  | Beatrice Chepkoech (KEN)                    | July 20, 2018       |
| 4x100m Relay        | <b>40.82</b>    | Jeter/Knight/Felix/Madison (USA)            | Aug 10, 2012        |
| 4x400m Relay        | <b>3:15.17</b>  | Ledovskaya/Nazarova/Pinigina/Bryzgina (URS) | Oct 1, 1988         |
| Marathon            | <b>2:11:53</b>  | Tigst Assefa (ETH)                          | Sept 24, 2023       |
| 20km Walk           | <b>1:26:52</b>  | Olimpiada Ivanova (RUS)                     | Sept 6, 2001        |
| High Jump           | <b>2.10</b>     | Y. Mahuchikh (UKR)                          | July 7, 2024        |
| Pole Vault          | <b>5.06</b>     | Yelena. Isinbayeva (RUS)                    | Aug 28, 2009        |
| Long Jump           | <b>7.52</b>     | Galina Chistyakova (URS)                    | Jun 11, 1988        |
| Triple Jump         | <b>15.74</b>    | Yulimar Rojas                               | Mar 20, 2022        |
| Shot Put            | <b>22.63</b>    | Natalya Lisovskaya (URS)                    | June 7, 1987        |
| Discus Throw        | <b>76.80</b>    | Gabriele Reinsch (GDR)                      | July 9, 1988        |
| Hammer              | <b>82.98</b>    | Anita Włodarczyk (POL)                      | Aug 28, 2016        |
| Javelin Throw       | <b>72.28</b>    | Barbora Špotáková (CZE)                     | Sept 13, 2008       |

## MIXED

| Event  | Time           | Name (Nation)   | Date         |
|--------|----------------|---|--------------|
| 4x400m | <b>3:08.80</b> | Justin Robinson, Rosey Effiong, Matthew Boling, Alexis Holmes (USA) | Aug 19, 2023 |



## Athletics Schedule (cont.)

Events in ET, medal events in **bold**

### Session 11 - Wednesday, August 7 - 4:05 AM

#### 1:30 AM - Marathon Walk Relay

Men's High Jump Qualification - Women's 100m Hurdles Round 1 - Women's Javelin Throw Qualification - Men's 5000m Round 1 - Men's 800m Round 1 - Women's 1500m Repechage

### Session 12 - Wednesday, August 7 - 1:00 PM

Women's Pole Vault Final - Men's 110m Hurdles Semis - Men's Triple Jump Qualification - Men's 400m Hurdles Semis - Men's 200m Semis - **Men's Discus Throw Final** - Women's 400m Semis - **Men's 400m Final** - **Men's 3000m Steeplechase Final**

### Session 13 - Thursday, August 8 - 4:05 AM

Women's Heptathlon Day 1 - Women's Shot Put Qualification - Women's 100m Hurdles Repechage - Women's 4x100m Relay Round 1 - Men's 4x100m Relay Round 1 - Men's 800m Repechage

### Session 14 - Thursday, August 8 - 1:35 PM

Women's Heptathlon Day 1 - Women's 1500m Semis - **Women's Long Jump Final** - **Men's Javelin Throw Final** - **Men's 200m Final** - **Women's 400m Hurdles Final** - **Men's 110m Hurdles Final**

### Session 15 - Friday, August 9 - 4:05 AM

Women's Heptathlon Day 2 - Women's 4x400m Relay Round 1 - Men's 4x400m Relay Round 1 - Men's 800m Semis - Women's 100m Hurdles Semis

### Session 16 - Friday, August 9 - 1:30 PM

Women's Heptathlon Day 2 - Women's 4x100m Relay Final - Women's Shot Put Final - Men's 4x100m Relay Final - Women's 400m Final - Men's Triple Jump Final - Women's 10,000m Final - Men's 400m Final

### Session 17 - Saturday, August 10 - 1:10 PM

Men's Marathon - 2:00 AM

Men's High Jump Final - Men's 800m Final - Women's Javelin Throw Final - Women's 100m Hurdles Final - Men's 5000m Final - Women's 1500m Final - Men's 4x400 Relay Final - Women's 4x400 Relay Final

### Sunday, August 11

Women's Marathon - 2:00 AM

Photo via Tokyo 2024



### Noah Lyles

When he's not showing off his impressive Yu-Gi-Oh card collection, he's tearing up the track in the 200 meters. He won the event at US qualifying and will look to improve upon his bronze finish from the 2020 Games. If his times in qualifying are any indication, he's on the short list of gold medal favorites.

Crouser is hunting the elusive three-peat in gold in the 2024 Games. He claimed gold in the shot put in both Rio and Tokyo and he has two world championships and a world indoor championship under his belt since his last Olympic appearance. The latter appearance resulted in an indoor world record! His intense training regimen features roughly 6,000 calories during the season and plenty of workouts.

### Ryan Crouser

### What is a Repechage?

In athletics events (and other Olympic events) you'll often find the term "repêchage." The term is a French word (pronounced rep-eh-shazh) that means to "fish out" or "rescue." In other words, if a runner in the 400m fails to qualify for the finals after running the qualification round, he or she will have the opportunity to try again in the repechage round.

Photo via Wikipedia



### G.O.A.T. WATCH - Armand Duplantis

It's one thing to break a world record, it's another thing to break the world record *eight times*. That's exactly what Sweden's Armand Duplantis has done in the pole vault. His current best sits at a whopping 6.24 meters (his initial world record was 6.17 meters). Will anybody be able to compete with the gold medalist from the 2020 Games or will he just be competing against his own world record?

Photo via NBC Sports

