



WORLD ATHLETICS  
CHAMPIONSHIPS  
OREGON 22

**MAKING  
TRACKS**

A Youth Engagement Program



An Introduction to the  
**WORLD ATHLETICS  
CHAMPIONSHIPS  
OREGON22**

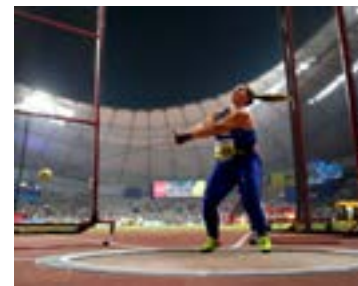
Grade K-2

# WHAT is Athletics?

Athletics is the oldest sport, starting back in Ancient Times (in simplest terms: a very, very long time ago!). Here in the United States, we usually call the sport of athletics “track and field.”

If you can **jump, throw, run, or walk**, you have taken part in athletics!

In the sport of athletics, athletes compete in all different types of events to **showcase, or display, their skills**. Events like short and long running races, hurdles, race walks, javelin throw, shot put, long jump, pole vault, and more are a part of the sport. Athletes compete for themselves, their team, and their country too!



## fun fact:

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



## WHEN and WHY did Athletics begin?

What we know as the Olympics Games today, started as athletic sports in Ancient Greece. These important athletic events started in 776 B.C., making it the oldest sport in history! In ancient Greece, athletics began as a way to bring a great sense of connection between people, represent their city-state, and earn respect.

Another huge event like the Olympics, is the **World Athletics Championships**. Today the Olympics includes many sports. The World Athletics Championships only includes the sport of athletics (track and field), but it is still the 3rd largest sporting event in the whole world!

World Athletics is the global governing body that chooses where the special event takes place. How cool would it be to have an event as special as this in your city?



### fun fact:

According to the World's Sports Encyclopedia, there are over 8000 sports!



# WHERE is the next World Athletics Championships?

For the first time ever, the World Athletics Championships are coming to the United States! They are coming to Hayward Field at the University of Oregon in Eugene, Oregon in the summer of 2022.

Eugene is full of history and culture, or the “way of life” of different groups of people. It is a place that is filled with new ideas, art, sports, and more. Eugene is known as “TrackTown U.S.A.”. What a neat nickname!

Eugene’s nickname wouldn’t be what it is without former Olympian and track coach, Bill Bowerman, or track runner Phil Knight. Together they founded Nike in Oregon. Bill Bowerman also helped create many free track and field meets for the community in Eugene. And it certainly couldn’t be TrackTown, U.S.A. without Hayward Field at the University of Oregon!



## Hayward Field at the University of Oregon

Hayward Field has been around since 1919! It has been home to so many important events. American and world-record holders have trained and competed at Hayward Field.

Since then, Hayward Field has been updated. The stadium now has 12,650 seats. The first major event to be hosted in the updated stadium was the 2020 Olympic Team Trials!



### fun fact:

The University of Oregon's duck mascot was inspired by Walt Disney's Donald Duck! In 1947, the University's athletic director made a handshake deal with Walt Disney that Donald Duck's likeness could be used for the mascot.



# WHO is competing?

On July 15th through 24th 2022, athletes are coming from all over the world to compete for gold, silver, and bronze medals (an award given to the top 3 finishers in each event) while doing their best for their countries. They will travel from North America, Central America and the Caribbean, South America, Asia, Australia, and Europe. A total of 214 countries will compete!

Who do you think is the fastest runner in your class? Or the highest jumper? Imagine they are the best in the country! The best athletes in each event in their home-land will be chosen to compete in the World Championships! Each country that is competing has a different way to choose who is their best.

Thousands of athletes and fans will come to this special event, bringing many different cultures to Oregon. Being a host is an important job! We can be kind hosts by showing our acceptance and love.

Those of us who live in Oregon have the **unique, or one of a kind** opportunity to share our own culture with the rest of the world!

**Get ready, get set, go!**



## fun fact:

Over 2,000 athletes will come to Oregon for the World Athletics Championships.



# Discussion Questions

1. What do you know about athletics? What do you want to know more about? Have you ever competed in an event similar to an athletics competition? Have you ever watched athletics on TV?
2. Where did the first athletics events start? Why did athletics start in Ancient Greece? How are our athletics events today different from those in Ancient Greece? Are there any similarities?
3. What do you know about Eugene? Where is Eugene, Oregon and what is it known as? What makes Eugene and Hayward Field important or special? What athletics events have taken place here?
4. With what you know about Oregon or the United States, what places would you recommend to an athlete while they're visiting? How would you describe Oregon or the United States to someone who has never been here before?



## Activity Ideas

- Explore what the different athletics events are by clicking through these explanations: <https://www.worldathletics.org/our-sport>. Create an “athletics event” for students to participate in. An easy one is measuring how far you can jump. Lay out a measuring tape or other distance measure, and let each student see how far they can jump. Other “events” could be farthest throw with a tennis ball or softball, fastest lap, highest jump, etc.
- Follow these instructions for how to create your own medals with a few simple ingredients: <https://www.icanteachmychild.com/olympic-medals-made-using-baking-soda-modeling-clay/>. Lead a discussion about personal strengths. If you could give a gold medal to a friend or family member for any skill or quality, what would you pick?
- Download and use these coloring pages of some of track and field’s biggest stars: <https://www.worldathletics.org/news/series/colouring-in-legend-athletes>
- Encourage students to choose their favorite athlete in their favorite sport, or even make up one of their own, and create a story about them. What do they look like? Where are they from? What event(s) do they compete in? What are some of their accomplishments?