



WORLD ATHLETICS
CHAMPIONSHIPS
OREGON 22

MAKING TRACKS

A Youth Engagement Program

An Introduction to the

WORLD ATHLETICS CHAMPIONSHIPS OREGON22

Grade 6+

What is Athletics?

Have you ever challenged your friend to a race to the car? Thrown an object as far as you could? Jumped to touch something really high? If so, you've already experienced the fundamentals of athletics, the greatest and oldest sport of all time!

In the United States the word athletics means a physical sport or game of any kind. The rest of the world uses the word athletics to describe the sport of competing in track and field events, including running races and various competitions in jumping and throwing to see who can run the fastest, jump the longest, or throw the farthest. Sounds like superhero stuff, right? There are multiple competitions, called events. Athletes can compete in multiple events, but like all superheroes, they have their main strengths and abilities. Some events include the sprint runs like the 100-meter dash, longer distance runs like the 5000-meter run, long jump, high jump, pole vault, discus throw, javelin throw, shot put, hurdles, or even the race walk.

Athletics is also a sport that challenges not only your body, but your mind as well. You not only compete against other athletes, but yourself! How is that possible you ask? **Personal Bests, (PB's for short) your best time or mark in an event, is a way an athlete keeps track of their progress.** Athletes work for years to reach their full potential for themselves, their team and even their countries! It is a sport that anyone can do, even without a track.



fun fact:

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

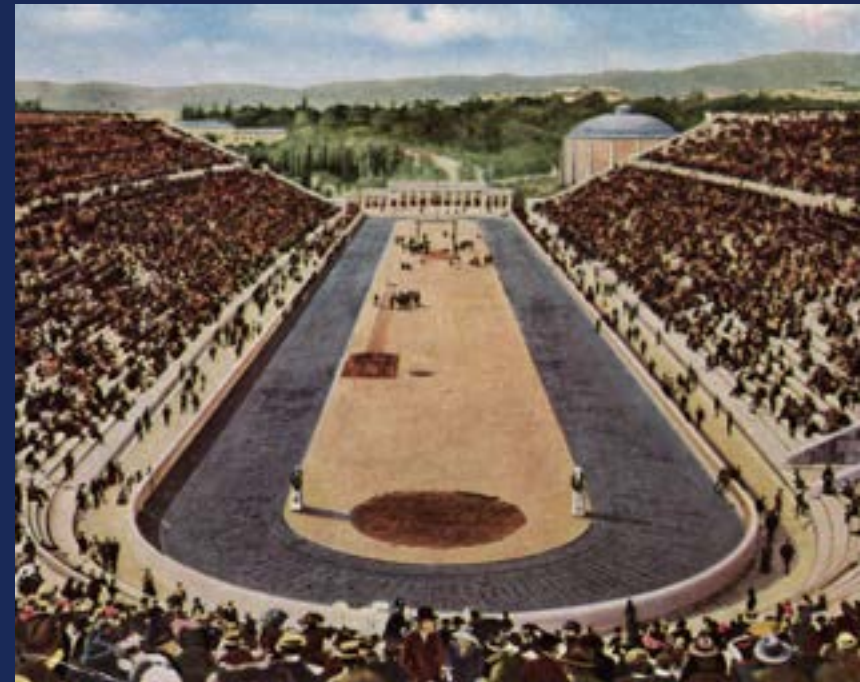


When and Why did Athletics begin?

Did you know the first Olympic sport was athletics? It is one of the oldest sports in human history! It all began in the first Olympics in Ancient Greece in the year 776 BCE. Greek city-states would compete in games to bring honor to their city and their family. The original competitions were meant to be a way to keep men in shape for times of war. These games would include footraces, the long jump, the discus and javelin throw, and the **pentathlon**—a **competition of five different events**). The “Usain Bolt” of Ancient Greece was Leonidis of Rhodes, who won 12 titles across four Olympic games (164 BCE-152 BCE).

Still today, the main highlight of the Olympic games is athletics. Fans around the world watch the best athletes from all over the globe compete for team and individual medals—(an award given to the **top 3 finishers in each event**). While people no longer compete to prepare for wars, the sport has still played an essential role in keeping people from all over the world physically active and healthy! Athletics has expanded to many more events, leagues, and international competitions.

The most prestigious competition for the sport of athletics (besides the Olympics) is the **World Athletics Championships**. It is the 3rd largest sporting event in the entire world. Consider it the Super Bowl of Athletics, but for the entire world! It is led by an organization called World Athletics. World Athletics chooses which city has the honor to host each World Athletics Championship, the rules of the sport, and makes world records official.



Fun Fact: According to the World's Sports Encyclopedia, there are over 8,000 sports.





Where is the next World Athletics Championships?

The World is coming to Hayward Field in Eugene, Oregon in the summer of 2022 for the World Athletics Championships! Eugene is the smallest city to ever host a World Athletics and Championships and the first in the United States. Eugene is a city with a population of 168,000 people and is located in the Pacific Northwest of the United States. The city is in the Willamette Valley, between the Cascade and Coast Mountain Ranges along the Willamette and Mckenzie Rivers. Eugene has several different running trails around the city, including Pre's Trail, the Amazon Trail, and the Ridgeline Trail System. The citizens of Eugene are known for being active outdoors and getting outside no matter what the weather is outside! Eugene is also known as "Tracktown, U.S.A" for its rich history and tradition of Track and Field.

An important historical figure who helped Eugene become "Tracktown, U.S.A" is Bill Bowerman, a track coach at the University of Oregon. Bowerman wanted to bring a European tradition of living a healthy, active lifestyle back to the United States. Bowerman helped start free community track meets for everyone. These are still held today in Eugene and put on by the Oregon Track Club. Many other track and field meets hosted by many groups for athletes of all ages and abilities also take place in Eugene today. Bowerman was also a driving force behind the city first hosting several major track events still held today, including the NCAA Pac-12 Championships, the NCAA National Championships, the Wanda Diamond League Prefontaine Classic, and the U.S. Olympic Trials.

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!

The home of the University of Oregon Track and Field team is Hayward Field. This is the venue for the World Athletics Championships in 2022. It is named after the "Father of Oregon Track and Field", Bill Hayward. It is located on the East side of campus. Hayward Field was originally built in 1919. A track was added in 1921. The bleachers were added and moved as the facility evolved over 100 years. One thing that has stayed the same is the energy of the fans. "Hayward Magic" is a term used to describe the energy inside of Hayward Field during a competition.

In 2018 a big project began to reimagine Hayward Field with more seating and new features. The field is a world class track and field facility that includes indoor practice areas, a weight room, a 9-lane track, and theatre-style seating. You can see the 10-story tall Tower on the East side of the stadium. The Tower even includes Hayward Hall, a 4,000 square foot interactive space that honors Oregon's track and field history. How cool is that?!



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?

Athletes are coming from all over the globe July 15-24, 2022! They will represent a number of different nations, speak different languages, and come with different backgrounds. They will travel from North and Central America and the Caribbean, South America, Asia, Australia, Africa, and Europe. 214 nations will compete for gold, silver, and bronze medals and try their best to finish the best they can for their countries.

Think about the fastest runner in your class. Who do you think it is? Now imagine they are the best in the entire country! Athletes who are the best in their event in their home country will be selected to compete in the World Championships! Each country has a different way of determining who is the best. Sometimes it is based on time, world ranking, or a championship within their own country. Once a country decides who their best athletes are, they will be able to represent their country at Hayward Field in Eugene!

Thousands of athletes and fans from all over the world will be coming to Oregon in July 2022. They will come with a variety of **cultures, or languages, religions, traditions; things that make up a country or place in the world.** How can we be a kind and welcoming host nation and host state? First of all, being accepting of others' differences is a must. If you went to a different country, what might be a challenge for yourself? Recognizing those challenges might help you be the best host possible.

Oregon has so many amazing things to offer to visitors! From our forests, mountains, rivers, and lakes to our marionberry pies, those of us who live in Oregon have the unique opportunity to share our own culture with the world in 2022.

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?



MAKING TRACKS

A Youth Engagement Program

Activity Ideas

Geography

- Learn more about the 7 regions of Oregon
<https://traveloregon.com/places-to-go/regions/>
- World Athletics Geography Worksheet
<https://www.worldathletics.org/news/series/athletics-geography-activity>
- Explore Oregon with Travel Oregon's kids activities!
<https://traveloregon.com/things-to-do/trip-ideas/parents-guide-oregon-activities-home/>

History

- Learn more about how the Ancient Greeks viewed athletes and athletics
<https://www.nationalgeographic.org/media/athletics-ancient-greece/#:~:text=In%20ancient%20Greece%2C%20athletics%20emerged,earn%20respect%20among%20their%20peers.>
- Go on a virtual tour of the Museum of World Athletics!
<https://www.worldathletics.org/heritage>
- Discover more about the history of Tracktown, USA
<https://www.worldathletics.org/news/feature/tracktown-history-and-legacy>

Culture

- Discover the impact of athletics on refugees
<https://www.worldathletics.org/competitions/olympic-games/news/refugee-olympic-team-to-kyo-2020-olympics>
- Inspirational Athlete stories from Tokyo 2020
<https://www.worldathletics.org/competitions/olympic-games/news/10-magical-moments-to-kyo-olympic-games>
- Learn more about the culture of Eugene
<https://www.worldathletics.org/news/feature/eugene-culture-and-place>