

MAJOR EVENT ACTIVITY BOOKLET



**Believe, Belong,
Achieve Together**

scottishathletics 

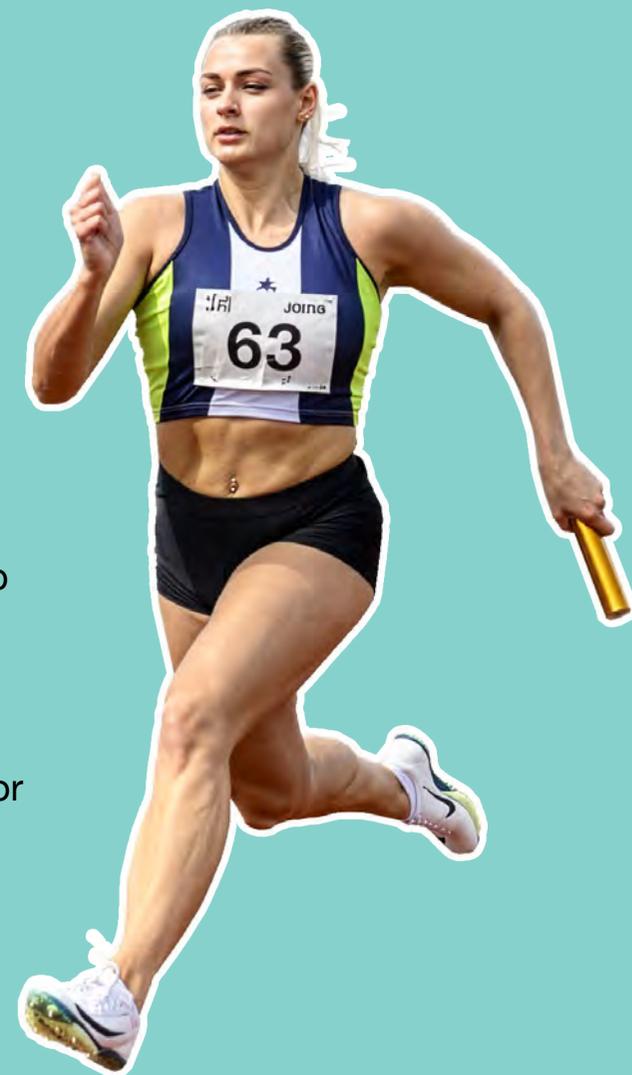


INTRODUCTION

This resource booklet has been developed by **scottishathletics**, to help you learn more about athletics and the countries competing in major athletics championships.

In this booklet you will:

- Research athletes, countries and the equipment involved in indoor or outdoor major athletics championships;
- Complete creative tasks to profile and promote major athletics championships and design kits for athletes;
- Sort athletics championships





HISTORY

Athletics has a rich sporting history. In fact, early competitive forms of athletics can be traced back to the ancient Olympic Games from 776 BC.

In 1912 the International Amateur Athletic Federation (Now World Athletics) was founded bringing standardisation to events and equipment. They also started introducing and recording world records.

The athletics events at the Commonwealth Games have been held at Meadowbank in Edinburgh twice (1970 & 1986), at Hampden in Glasgow in 2014 and at Scotstoun in Glasgow 2026.

Numerous Scottish athletes have held world and European records over the years. All current world records and information on past records can be viewed at the following links: <https://www.worldathletics.org/>
<https://www.paralympic.org/athletics>

USEFUL LINKS

Please use the following links to help you complete the tasks in the workbook and to learn more about major athletics championships.

www.glasgow2026.com	www.teamscotland.scot
www.scottishathletics.org.uk	www.britishathletics.org.uk
https://worldathletics.org/	www.paralympic.org/athletics
https://worldathletics.org/	www.commonwealthsport.com
www.teamgb.com	



MAJOR ATHLETIC CHAMPIONSHIPS

Whether it is a major international multi – sport event such as the Olympic Games, or an athletics specific event such as the World Championships, results are used to determine the gold, silver and bronze medallists.

These championships take place both indoor and outdoor in venues across the world bringing together hundreds of athletes competing in various different athletic disciplines.

In 2024, the premier indoor athletics venue in Scotland, the Emirates Arena, hosted the World Indoor Athletics Championship.

EVENTS

The majority of events in major athletics championships are individual with the only team events being the 4x100m relay and the 4x400m relay.

Most athletes will compete in one or two events, however, for those who compete in the pentathlon, heptathlon or decathlon they compete over two days across a variety of running, jumping and throwing events.

At the Commonwealth Games para-athletics events are integrated into the main programme. This is to promote inclusion and recognise the world-class performances of para-athletes. Athletes are placed in a 'classification' based on their impairment to ensure fair competition. There are some events that are unique to para championships, for example, club throw and Frame Running.



COVERAGE

During a major athletics championship thousands of spectators from around the World will travel to the host city to see their athletes compete for gold.

The events will be broadcast across the globe with more traditional media outlets such as television and radio winning rights to provide coverage.

Social media now provides a great platform for sharing highlights of the action quickly to spectators across the world.

IDENTIFY THE COMPETING COUNTRIES

Using the map of Europe on this page and the flags shown below, see how many of the European countries that compete in major athletics championships you can identify.

You may wish to complete this task with a partner or group of classmates.





COUNTRY PROFILE



British athletes will compete together in major championships as part of the Great Britain & Northern Ireland team.

In the Commonwealth Games each of the home countries (e.g. Scotland) compete individually.

At all major athletics championships hundreds and sometimes thousands of athletes will compete.

With athletes representing countries from across the World there is a real multi-cultural feel to all major championships. Numerous different languages will be spoken, different cultures represented, and religions practiced.



COUNTRY FACT FILE

GREAT BRITAIN & NI

Population: 69.3 million

Capital City: London

Currency: Pounds

Famous sports people:

Laura Muir,
Jake Wightman,
Josh Kerr,
Eilish McColgan,
Samantha Kinghorn,
Ben Sandilands.

Interesting fact: Scotland, England and Wales have all hosted the Commonwealth Games with Glasgow and Edinburgh hosting them twice.



CHALLENGE

Choose a country to research and write a fact file on that country.

COUNTRY FACT FILE

Country:

Population:

Capital City:

Currency:

Distance from home:

Famous sports people:

Interesting fact:



EVENTS AND EQUIPMENT



At all major athletics championships several events will take place at the same time and in the same venue. For example, you may have 100m heats running while high jump and shot-put take place on the infield. This helps to create an electric atmosphere for the athletes, coaches, officials and spectators.

Over the competition days it takes hundreds of volunteers to support the delivery of the event and at least 100 officials to ensure the events run safely and rules are followed.

With hundreds or sometimes thousands of athletes competing in major athletics championships there is a lot of equipment required to ensure each individual event goes ahead and runs smoothly.

See if you can complete the table below highlighting one piece of equipment that you think is required for each of the events listed.

Event	Equipment Required
60/100 metres sprint	
60/100 metres hurdles	
800 metres	
Hammer	
Long jump	
Pole vault	
Relay Race	
Running	
Club Throw	
Mixed 4x400m Relays	

CHALLENGES



Can you name 12 events that athletes will compete in at the next major athletics championship?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.



Can you name the events that make up the women's pentathlon (indoor) or heptathlon (outdoor) event?

- 1.
- 2.
- 3.
- 4.
- 6.
- 7.



Can you name the events that make up the men's heptathlon (indoor) or decathlon (outdoor) event?

- 1.
- 2.
- 3.
- 4.
- 6.
- 7.
- 8.
- 9.
- 10.



MAJOR ATHLETICS CHAMPIONSHIPS - RESULTS

At all major, national and local events qualified officials play an extremely important role in ensuring that events run smoothly, and results are accurately recorded.

In all track events the results are determined by the times recorded by each athlete. The athlete recording the fastest time will win the event. In throwing events the results are determined by the distance thrown. For example, in shot put, the athlete throwing the shot put furthest will win the event.

Major athletics championship normally feature four jumps events. There are two horizontal jumps – long jump and triple jump, and two vertical jumps – high jump and pole vault. In the horizontal jumps the athlete jumping the furthest distance from the take-off board into the sand pit wins the event. In vertical jumps the results are determined by the height jumped. The athlete clearing the bar at the highest height wins the event.

CHALLENGE

Put the results from the following major championships, into the correct order to determine who won the **Gold** (1st), **Silver** (2nd) and **Bronze** (3rd) medals.



**World Para Athletics
World Championships 2025,
New Delhi, Men's 100m T72,
FINAL**

Athlete	Time (Sec)
Menzies Finlay (GBR)	16.29
Matos Marques Joao (BRA)	15.76
Calcagni Carlo (ITA)	14.80
Kukielka Wojciech (POL)	17.18

Athlete	Time (Sec)



**World Athletics
Championships 2025,
Tokyo,
WOMEN'S 100m FINAL**

Athlete	Time (Sec)
Sha'Carri Richardson (USA)	10.94
Dina Asher-Smith (GBR)	11.08
Julien Alfred (LCA)	10.84
Melissa Jefferson-Wooden (USA)	10.61
Marie-Josée Ta Lou-Smith (CIV)	11.04
Tina Clayton (JAM)	10.76
Shelly-Ann Fraser-Pryce (JAM)	11.03
Shericka Jackson (JAM)	10.88

Athlete	Time (Sec)



**Commonwealth Games
2023, Birmingham,
Mens Discus THROW**

Athlete	Mark (M)
Apostolos Parellis (CYP)	62.08
Traves Smikle (JAM)	64.58
Matthew Denny (AUS)	67.26
Connor Bell (NZL)	60.23
Nicholas Percy (SCO)	63.53
Alex Rose (SAM)	64.56
Lawrence Okoye (ENG)	64.99
Roje Stona (JAM)	62.15

Athlete	Mark (M)

DESIGN A KIT



All teams competing in major athletics championships will have their own bespoke kit. This makes it easier for spectators both in the stadium and watching at home to identify what countries the athletes are from.

The athletes will have competition kit to wear while they compete and in addition, they will have a tracksuit for medal ceremonies and travelling to and from the competition venue. The different kits on display during the Championships will be made by a variety of manufacturers such as Joma, New Balance, Nike and Adidas.

CHALLENGE

Choose a competing country and use the image overleaf, featuring Scottish athletes Neil Gourlay, Jake Wightman and Josh Kerr, to design some different options for vests that country could wear. Use the countries flag on pages 3 and 4 to help identify colours that your chosen country may use in their kit.





JOURNALISM

An international event like the European Athletics Indoor Championships or World Para Athletics Championships attracts journalists and writers from all the countries that are competing. During any major championships the host city will welcome visitors from newspapers, websites and magazines which are read by people from throughout the world.

In addition, television broadcasters and reporters from across the world will be present to provide live broadcasts, recorded highlights and reports for their country's supporters.

Many of these journalists will start to write about the major athletics championships before they arrive in the host country. They will write about who might be chosen to represent their country, profile famous athletes and make predictions about who might win the medals. In preparation for any major championships, journalists will research and study information about athletics, the events involved, the people taking part, the city hosting the championships and lots more.



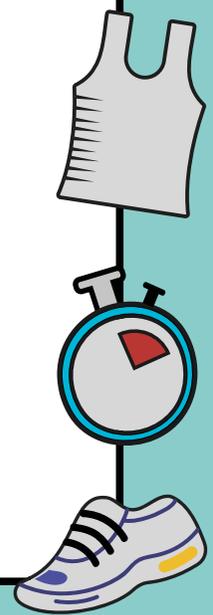
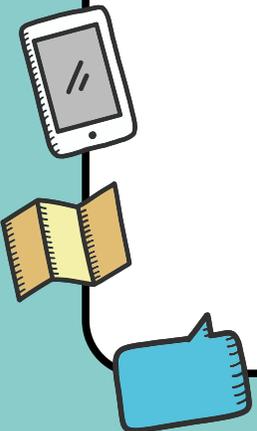
CHALLENGE

Choose one or two athletes from a country that competes in major athletics events and write an article, in the style of a website report, about the athletes.

Use the useful links provided at the start of the booklet to profile an athlete(s) from a major athletics or para athletics Championship.

You can write about their performances in previous Championships, awards and medals they have won, and things that they do when not taking part in athletics.

AWARD



VISIT A COMPETING COUNTRY

During any major athletics championship athletes, coaches, team managers and supporters will face significant challenges to travel to, and stay in, the host country. From expensive and lengthy flights to providing food that their athletes are used to eating, there are a lot of things that countries travelling to a host nation need to consider.

CHALLENGE

Pick a country that is competing in the next major athletics championship and plan a visit for you and your family to the country.

Your class teacher will allocate you a budget to spend on your trip and you will need to research the following items to ensure you can bring your trip in on, or under, budget.



How long will you stay?



Flights



Airport transfer



Hotel



Landmarks to visit and travel to get there



Anything else you would like to do e.g. attend a sports event



Spending money (including meals)

Once you have finished planning your trip prepare a 5-minute presentation to share with your classmates.

 **LOCATION**

Country:	
Budget:	
Flight Details:	
Departure Date	
Return Date	
Cost	

 **TRIPS**

Trips (Landmarks To Visit):	
Details	
Cost.	

 **TRANSFER**

Transfer to and from Airport:	
Details	
Cost	

 **OTHER**

Other (Including Spending Money):	
Details	
Cost	
Cost	

 **HOTEL**

Hotel:	
Details	
Cost	

Total Cost	£
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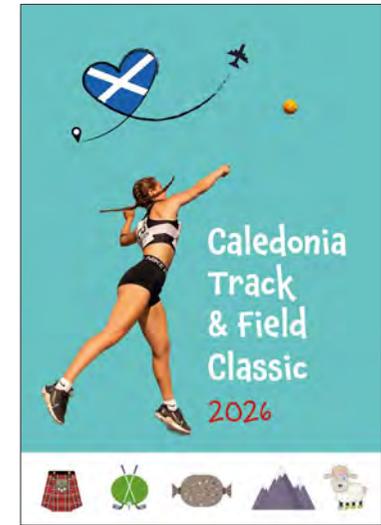
DESIGN A POSTER / ADVERT

Now that you have learned about some of the countries, events and athletes involved in major athletics championships, it is time to capture some of what you have learned in a poster. Your teacher may wish to display the posters in your classroom or elsewhere in the school to share your work with others.

CHALLENGE 1

Conduct some research to find out what the next major international athletics event is.

- Choose a country that will compete in that event and design a mainly visual poster.
- Your poster could include the country's flag, famous landmarks, what they like to eat, what sports they like to play and words in their language.
- Once you have completed your poster they could be displayed in your classroom or elsewhere in the school.
- Design your poster on the next page.



CHALLENGE 2

Alternatively, using the information provided in this workbook and research you conducted, design an advert for social media to promote the next major international athletics event.

Consider where this advert would be used, who your target audience would be and what information and images you would like on the advert to sell the event.

DESIGN A POSTER / ADVERT



Find Your Local Athletics Club

@scotathletics

development@scottishathletics.org.uk



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