

Track and filed shoes

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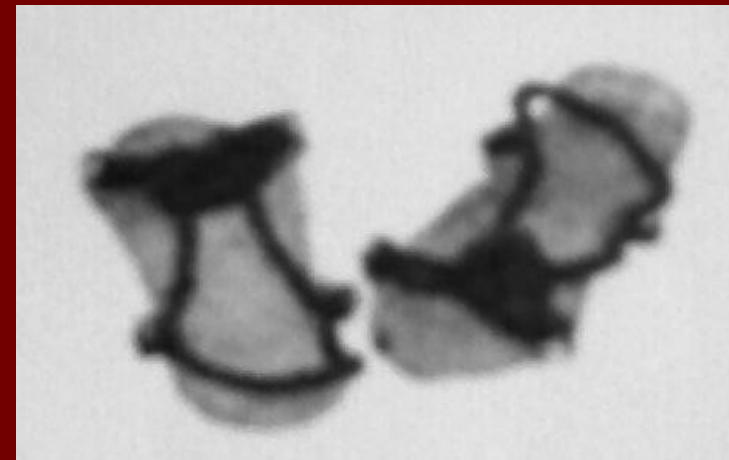
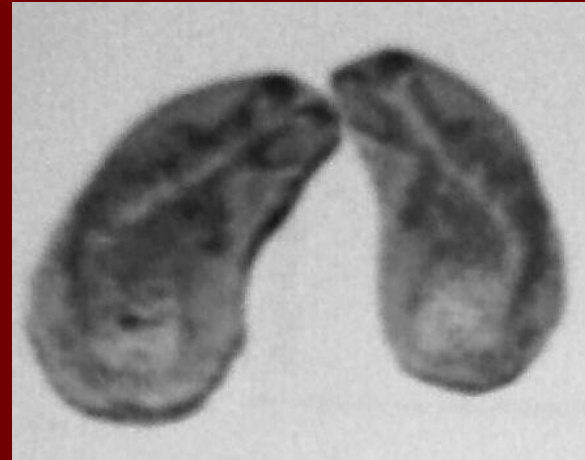
Events

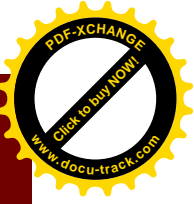
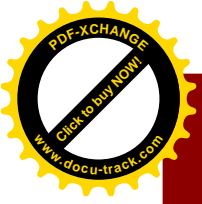
- n Running(sprints, middle and long distances)
- n Hurdles(110 m,400 m,3000 m steeplechases)
- n Throws (shot put, discus, hammer, javelin)
- n Jumps (Triple jump, long jump ,pole vault)
- n Decathlon & heptathlon(combinations of the above)
- n Walks(20 Km and 50 Km)



Introduction

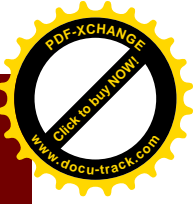
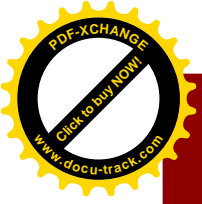
- n Kinds
- n History (ancient olympic games 1897)
- n Role of equipments)
- n Indoor, outdoor.
- n Biomechanical aspects(weight, mobility for toes an





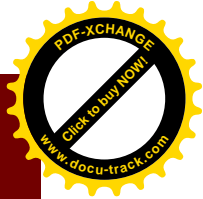
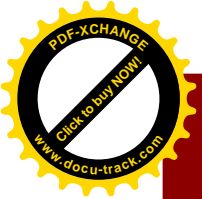
Flexibility . Ver. Strength





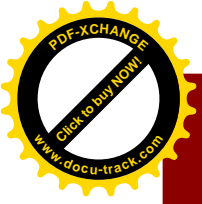
Running Spikes: Sprinting shoes

1. Light weight
2. Optimal Support
3. Maximum traction potential



Running Spikes: Sprinting shoes





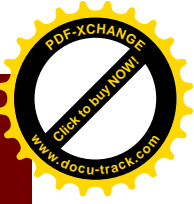
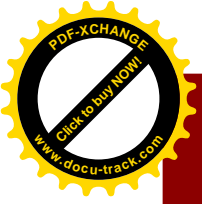
Running Spikes: Sprinting shoes

- n 1930s: biochemical materials
- n 1950s: removable spikes
- n Numbers, configuration, high
- n 1960s: synthetic or rubber tracks: reduced spikes high(9mm)

Running Spikes: Sprinting shoes

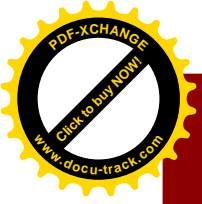
- n Semi pointed toes
- n Glove like fitting at waist and heel
- n Full length or two-pieces nylon sole plate
- n Curve running...
- n Heel padding





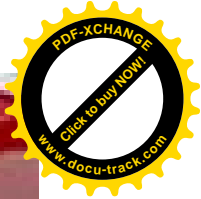
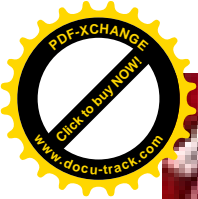
Middle and long dist.

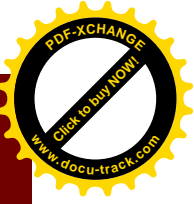
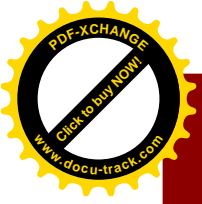
- n Sole
- n Fore foot running
- n Prevent of over pronation
- n Torque reduction in bend running
- n Spike less track shoes(Thin rubber traction outsole covering midsole/wedge(max heel height $\frac{1}{2}$ ", 13mm) for asphalt and...



Interval training spikes

- n Achill tendon
- n Asymmetric forefoot pattern





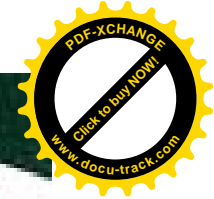
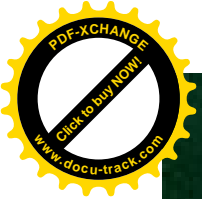
Indoor track spikes

- n 1950s
- n 7 asymmetric spikes with heel pad
- n New modern surfaces

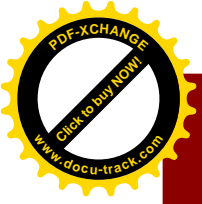
Hurdles and steeplechase

- n Primary types(sprint)
- n Now: wider toe box ,shorter spikes, other modifications, heel cushion), midsole and heel padding.

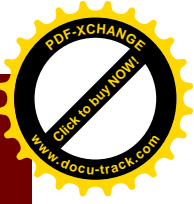
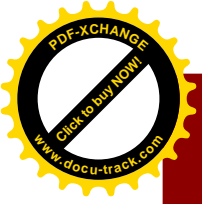




FOTOFSEARCH

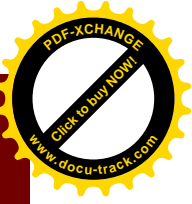
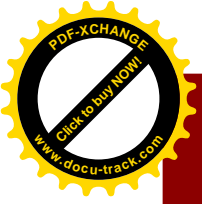


Throwing Events



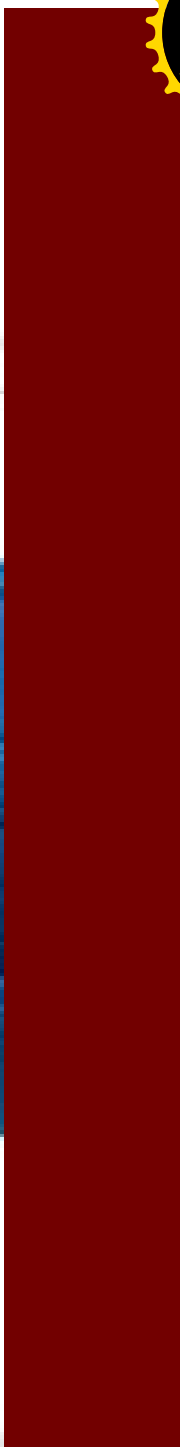
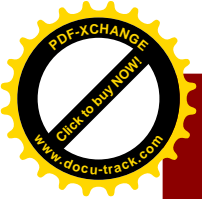
Shot put shoes

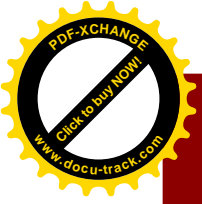
- n Big!!!!!!!!!!
- n Strength upper and heel counter
- n More lat. support: straps and gum rubber(sole)
- n Shank: wedge shaped in midsole produce antrolateral stability with less stretch in upper



Discus shoes

- n Forefoot flexibility plus wrap up sole
- n Synthetic materials are preferred





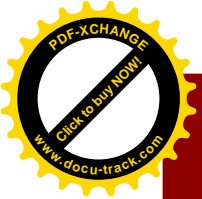
Hammer shoes

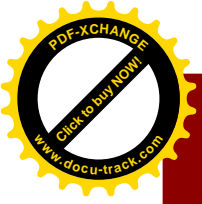
- n Forefoot, midfoot and heel are flexible for most traction
- n Almost can use as discus shoes
- n Cuts

Javelin boots

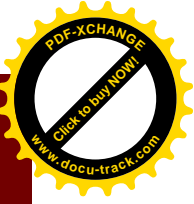
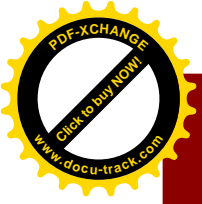
- n Only throwing event shoes produced with spikes
- n Light weight
- n Less flexible than others
- n 6 and 2 formula
- n 25 mm high for competition on grass runway





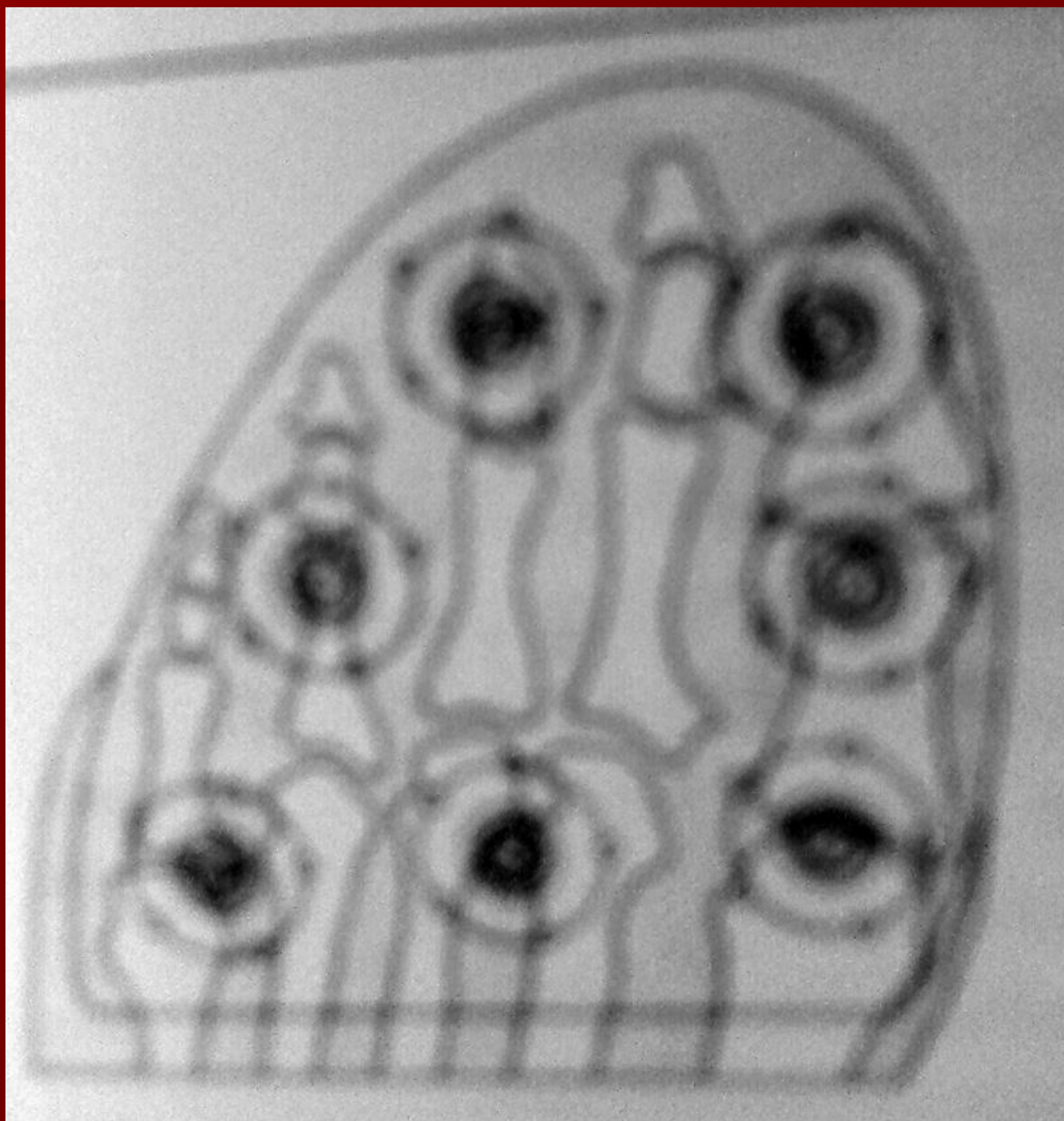
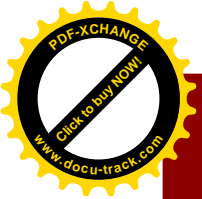


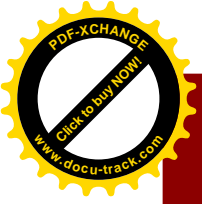
jumps



Long jump

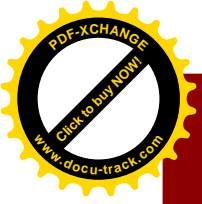
- n Lightweight with reinforcements on girth
- n 600-800 lb
- n Straps for toe spread prevention
- n Moccasin shoe like
- n Hel padding importance



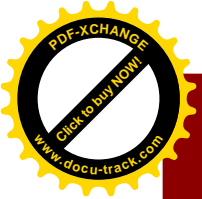


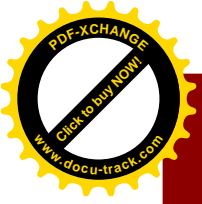
Triple jump

- n Midsole diff. Stronger wedge
- n Permitted heel high is 26mm
- n Heel cups are allowed



High jump





Pole vault

