

**THEORIES OF TRACK AND FIELD - III**

**Unit - I**

History of Events  
Relay (Visual, Non – Visual)  
4X100 Mts Relay  
4X400 Mts Relay

**Unit – II**

Combined Events-Decathlon, Pentathlon, Heptathlon

**Unit - III**

Cross Country, walking Events, Steeple Chase, Marathon.

**Unit - IV**

Triple Jump  
History of the events  
Specific Conditioning exercise  
System of Officiating

**Unit – V**

History of the events  
Pole vault  
System of Officiating

**Reference:**

1. Dr. P. Mariayyah, *Track and Field*, Coimbatore, Teachers publication.
2. Dr. Anil Sharma, O.P. Sharma, *Rules of sports*, sports publication, Ansari Road, New Delhi.
3. Conling David, (1980). *Athletics*, London Robert Hale.
4. Ken O. Bosen, *Track & Field Fundamental Techniques*, MS Publication Patiala.