

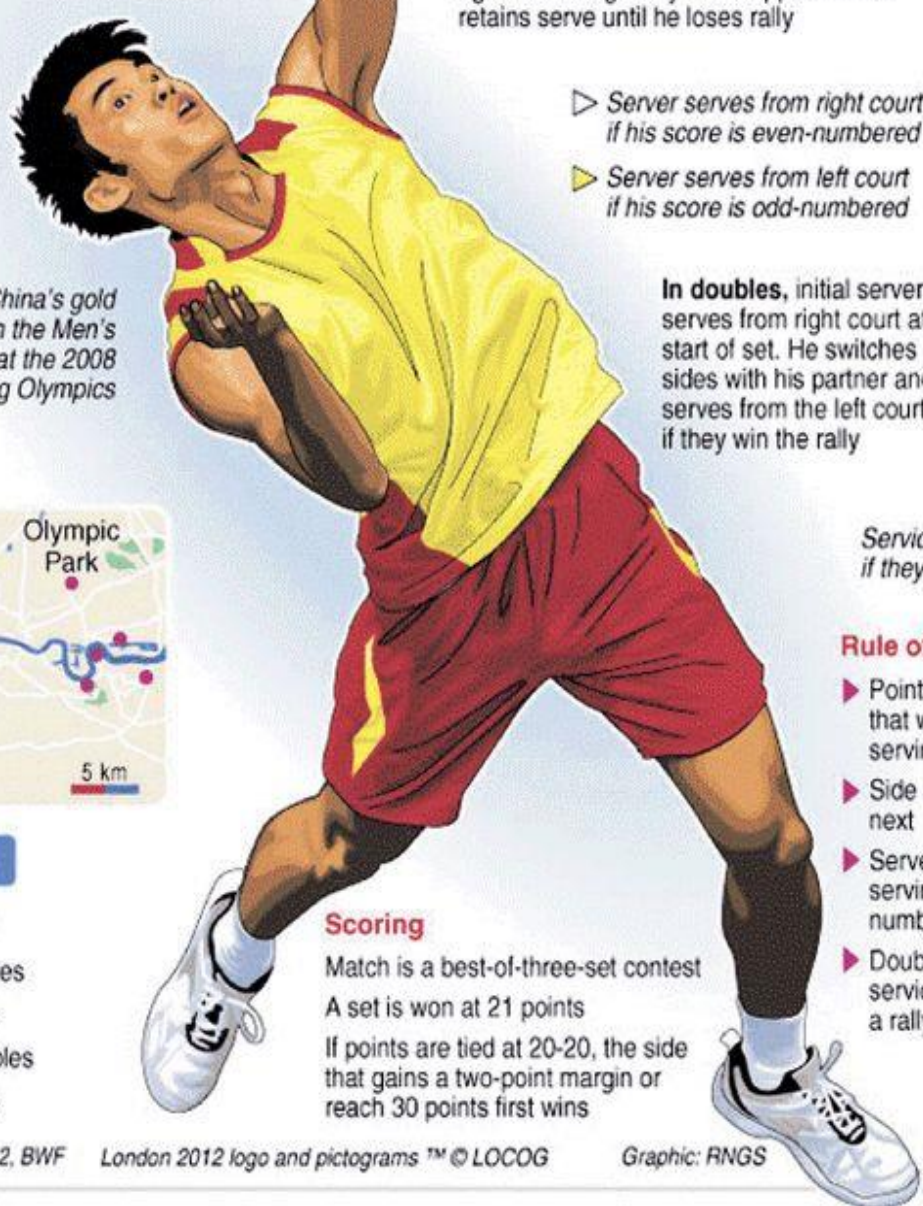
OLYMPIC BADMINTON



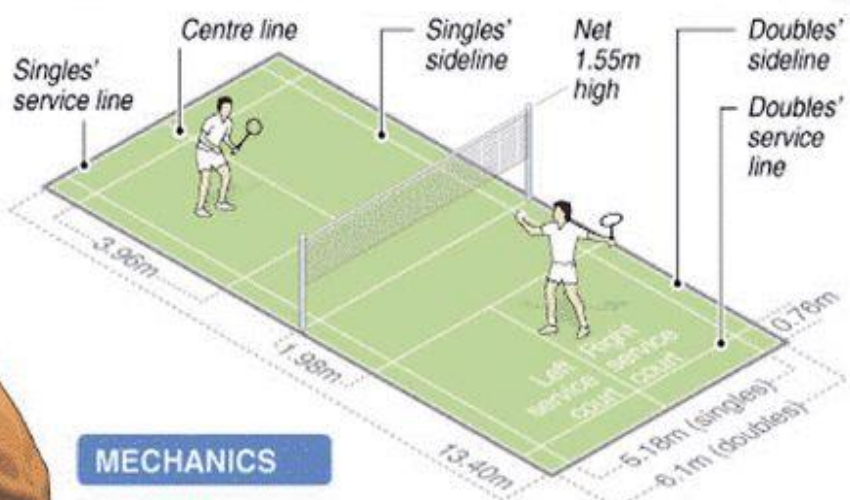
Jul/Aug	28	29	30	31	1	2	3	4	5	○ Qualifying
	○	○	○	○	○	○	○	○	○	○ Finals

Shuttlecock
 Made of 16 goose feathers fixed to a cork base
 Weight: 4.74 - 5.5g

Racquet
 Made of composites such as boron, carbon, graphite, fiberglass and ceramic
 Length: 68 cm
 Weight: about 100g
 Racquet head: 23cm x 28cm



Lin Dan - China's gold medalist in the Men's Singles at the 2008 Beijing Olympics

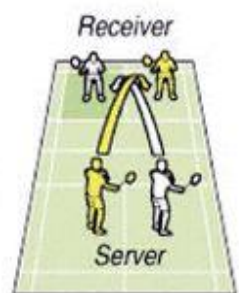


MECHANICS

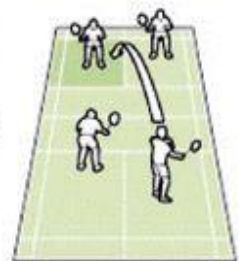
Service

In singles, initial server serves from the right court diagonally to his opponent and retains serve until he loses rally

- ▷ Server serves from right court if his score is even-numbered
- ▷ Server serves from left court if his score is odd-numbered



In doubles, initial server serves from right court at start of set. He switches sides with his partner and serves from the left court if they win the rally



Service goes to the opponent if they lose the rally

Rule of thumb

- ▷ Points are won by the side that wins a rally, whether it is serving or receiving
- ▷ Side that wins a rally serves next
- ▷ Serve from the right court if serving side's score is even-numbered, vice-versa
- ▷ Doubles partners switch service courts only if they win a rally on their own serve

Scoring

Match is a best-of-three-set contest
 A set is won at 21 points
 If points are tied at 20-20, the side that gains a two-point margin or reach 30 points first wins

EVENTS

- Men's Singles
- Women's Singles
- Men's Doubles
- Women's Doubles
- Mixed Doubles

TRACK EVENTS

MIDDLE DISTANCE



Hanging back
While trailing behind call work tactically. There is a risk of being unable to catch up at the end and of being boxed in.

In the field
Staying behind the leader allows a runner to choose an acceleration point and pace themselves more easily.

Leader
The leader faces the full force of the wind resistance and cannot rely on wind-breaking tactics.

THE MAIN EVENTS

In the 800m, runners complete two laps around a standard 400m track. They start from staggered positions along the track and have to stay in their starting lane until the end of the first curve (about 100m). The 800m requires speed and endurance so competitors plan their race and use carefully considered and practised tactics. The 1,500m event consists of three and three-quarter laps around the standard outdoor track and is often called "the metric mile". With an increasingly scientific approach to performance and training, runners have been able to make this race an extended sprint. However, like the 800m, the 1,500m remains very mentally taxing.

BREAKING TO THE INSIDE

Leaving the starting lane after the first curve, called breaking to the inside, allows runners to compete against each other more effectively. Breaking lanes must be done without disturbing or barging another competitor, although elbow clashing is almost unavoidable.

800M AND 1500M

These races are often won with great care. There is an emphasis on technique and tactics.

THE FOOTWEAR

The key features of middle-distance running shoes are their cushioning and support.

5,000KM, 10,000KM, MARATHON

10,000m and 5,000m runs only debuted in 1968 and 1986 respectively.

- The marathon is named after the legendary run of the Greek soldier who, in 490BC, brought news from Marathon to Athens of Greek victory in battle.
- Marathons in London, New York, Chicago, Hong Kong and Honolulu each attract more than 30,000 runners.

EVENT OVERVIEW

Long-distance running events include 5,000m and 10,000m races, running, and marathons. The 5,000 and 10,000m runs and the marathon are staged around the streets of the host city. Some 5,000 and 10,000m races are held off-road, in which case they are usually known as 5km and 10km.

ON THE TRACK

In the 5,000m and 10,000m races, competitors start on the track, but because the out-ride metres, all runners soon move to the inside to run the total distance they have to run. One lap is the equivalent of 400m. Consequently, in a 5,000m race, athletes must first run 200m and then complete the track. In the 10,000m event, the competitors must run the track four times.

ATHLETE PROFILE

Long-distance runners are lighter, more slightly built than the powerhouse sprinters. Stamina and endurance are key. It is vital that the heart pumps blood as efficiently as possible to allow more oxygen to the muscles. Success in long-distance running comes from peak physical fitness but also through mental order and discipline. Competitors are pushed to the limits of their ability. They need to be able to pace themselves to conserve energy and aware of when to hang back or when to push forward.

LONG DISTANCE

Lightweight shoes
Running shoes built around the needs of each style.

Lightweight shorts
The runners wear shorts to keep them cool and comfortable.

Cool to run
Cooler filling, lightweight, aerodynamic, with long runners as they are available.

DECATHLON & HEPTATHLON

DECATHLON EVENTS

- 100 METRES
- 200 METRES
- 400 METRES
- 800 METRES
- 1500 METRES
- 5000 METRES
- 10000 METRES
- 200 METRES
- 400 METRES
- 800 METRES

DECATHLON

The ten-day competition comprises 10 disciplines: 100m, long jump, shot put, high jump, and 400m on day one; 1500m hurdles, discus throw, pole vault, javelin throw, and 1500m on day two. Competitors' speed and strength are challenged in the first day's events, while the second day tests their endurance and technical skills. Athletes must compete in all disciplines in order to be included in the final classification.

COMPETITOR PROFILE

The decathlete and heptathlete need to be great all-rounders, which not only requires speed and mobility but also strength and explosive power. They tend to have more athletic physiques, rather than the specialist athletes developed by specialists.

HEPTATHLON EVENTS

- 100 METRES HURDLES
- HIGH JUMP
- SHOT PUT
- 200 METRES
- LONG JUMP
- JAVELIN
- 800 METRES

HEPTATHLON

The women's seven-day competition comprises 100m hurdles, high jump, shot put, and 200m on the first day, and long jump, javelin throw, and 800m on the second day. Originally, female athletes competed in the five-discipline pentathlon, but the javelin throw and 600m race were added in 1981 after the 1980 Olympics in Moscow to create the modern event.

THE BEST EVER

WIDELY REGARDED AS THE WORLD'S BEST-EVER ALL-AROUND ATHLETE, DALEY THOMPSON HOLDS THE RECORD AS THE FIRST PERSON TO WIN OLYMPIC GOLD FOR DECATHLON TWICE, FIRST IN 1960 AND AGAIN IN 1964. HE RETIRED FROM COMPETITION IN 1962 DUE TO INJURY, BUT THAT WAS NOT THE END OF THOMPSON'S SPORTING CAREER. IN 1968 HE BECAME A PROFESSIONAL FOOTBALLER, PLAYING FOR MANCHESTER TOWN, AND THEN A FITNESS COACH.

STEEPLECHASE

Usually 3,000m, the steeplechase includes 35 jumps, seven of which are water jumps. Normally, four barriers are sited around the track, with the water jump – the fifth barrier – at the top of the second turn, either to the inside of lane one or to the outside of the outermost lane. Barriers, which do not fall over if hit, are sited 78m (256ft) apart; runners start jumping them after the first half lap. They must be cleared cleanly by jumping, stepping on and over, or vaulting.

THE WATER JUMP

The water jump combines a barrier and a sloping pool of water. Runners attempt to land as far from the barrier as possible as this is where the water is shallowest. Water resistance slows runners down and splashing inhibits freedom of movement and vision.

Solid barrier
The solidity of the steeplechasing barriers, both water and track, and a psychological element to the race.

Water pit
The pit's bottom slopes up to the level of the running track. It is often covered in matting to reduce stress on landing.

TEAM RELAY

STAFFING GOAL

Goal is to keep runners motivated and the pace consistency of other teams, quick thinking and concentration are required to have the fastest relay team. This is a special role in the 4x100m which is a sprint race.

Water resistance
Water resistance slows runners down and splashing inhibits freedom of movement and vision.

Key to take
A key to take is a small amount of water that the runner carries in their hand. It is used to keep the baton dry.

Passing the baton
The baton is passed from one runner to the next. It is a key to take in the 4x100m which is a sprint race.

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