

---

**the javelin**

the long stick with a pointed end thrown in a sports competition which is also known as javelin

**the shot put**

the sports competition in which a heavy metal ball is pushed from the shoulder as far as possible

**the discus**

a heavy, flat and round object which is thrown as part of a sports competition which is also known as discus

**the hammer**

the heavy metal ball joined by a wire to a handle, which is thrown as far as possible in the hammer-throwing competition

**the pole vault**

the sports competition in which the athlete attempts to jump over a high bar using a long stick

**the long jump**

the sports competition in which the athlete runs towards a sandpit at high speed and then jumps from a marked spot as far as possible

**the triple jump**

similar to the long jump, except that the athlete first hops on one foot from a marked spot, then performs a step, and finally jumps with both feet into the sandpit

**the high jump**

the sports competition in which the athlete attempts to jump over a high bar

**to raise the bar**

to put the bar an athlete tries to jump over at a higher level; also to set a new, higher standard

**power**

strength, energy