

Practical English for Olympic Games

实用奥运英语系列丛书

Olympic Track and Field

奥林匹克田径项目

赵小东 单勇 编
刘静 徐昉

大连海事大学出版社

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大连海事大学
DALIAN MARITIME UNIVERSITY

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前言

北京申办 2008 年夏季奥运会的成功，鼓舞了全国人民，举国上下掀起了体育运动的热潮。随着 2008 年夏季奥运会的日益临近，越来越多的人开始关注奥运会，希望了解一些关于奥运会的知识。如奥运会何时起源、现在共设多少个比赛项目、每个项目的比赛规则如何、优秀选手有哪些等等，这些或多或少地都成为了人们关注的话题。而且，随着北京奥运会的成功申办，奥运英语也引起了人们的极大兴趣。

我们每一个公民都应 为北京奥运会的举办尽一份微薄的力量。因此，我们几名长期从事英语教学和体育教学的老师经过认真研讨，并查阅了大量的第一手资料，形成了这套丛书。该丛书涵盖了奥运会的绝大部分知识和比赛的项目，更包括了历届奥运会的纪录和著名的运动员。这些对关注奥运会及爱好英语的读者来说都是有一定的参考价值的。

这套丛书以奥运会为主线，以英汉对照的方式向读者介绍奥运会的知识和相关内容，具备一般英语知识的读者都可以看懂其中的绝大部分内容。相信，通过这些内容的阅读，您的英语水平和对奥运会知识的获取一定会有一个新的层面。

由于作者的水平所限，书中必定会有一些不尽人意之处，恳望读者批评指正。



编者的话

21 世纪是中西方文明与文化新的融合期,科学文化的交流已深入到我国人民生活的方方面面,而交流依赖于语言,因此英语作为国际交流的重要工具,越来越受到人们的重视。学习和使用英语是我们走向世界的基础。

体育是一门独特的艺术,是人类文明中一种激情的表现形式。从公元前 776 年在希腊奥林匹亚举行的首届古代奥运会,到公元 2000 年的澳大利亚悉尼奥运会,人类为体育而欢笑,而流泪,而疯狂。象征着五大洲团结的奥运五环标志和象征着光明、团结、友谊的奥运圣火激励着人们朝着“更快、更高、更强”的目标前进。

将在我国北京举行的 2008 年夏季奥运会,把英语和体育两个看似不相关的事物联系到了一起。为了满足广大英语爱好者和体育爱好者的需求,使其融学习英语和欣赏体育为一体,并且更加直观地了解有关奥林匹克的知识,我们策划编写了这套《实用奥运英语系列丛书》。

这套丛书内容丰富、翔实,资料来源广泛。编者查阅参考了大量相关资料、有关软件及有关网站。此外,金一参加了本书的部分编写工作,全书由孔军主审。在此,编者衷心向他们表示感谢。

如果能使读者通过阅读这本书学到英语,增长奥运知识,提高体育欣赏水平,那正是我们的心愿。希望读者朋友们能喜欢本书,并敬请提出宝贵意见。

编者

2001 年 11 月 于大连



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Part 1 Introduction to Track and Field (田径介绍)

Track and field is, in many ways, the embodiment of the Olympic motto, "swifter, higher, stronger". It can be divided into four categories: track events, field events, road events and combined events. Track events include sprints (100m, 200m, 400m), middle-distance running (800m and 1,500m) and long-distance running (5,000m and 10,000m), hurdling (100m and 400m for women, 110m and 400m for men), relays (4×100m and 4×400m) and the men's 3,000m steeplechase. Field events, for both men and women, include the long jump, triple jump, high jump, pole vault, shot put, discus, javelin and hammer throw. The women's pole vault and hammer throw debuted at the 2000 Sydney Games. Road events consist of the men's and women's marathons, the men's 20km and 50km race walks and the women's 20km race walk. Combined events include the heptathlon for women and the decathlon for men.

在许多方面田径都体现了奥林匹克“更快、更高、更强”的精神。田径比赛可分为4种：径赛、田赛、公路赛和全能赛。径赛包括短距离跑（100米、200米、400米）、中距离跑（800米、1500米）、长距离跑（5000米、10000米）、跨栏跑（女子100米栏和400米栏，男子110米栏和400米栏）、接力跑（4×100米和4×400米），以及男子3000米障碍赛。田赛包括男女跳远、

三级跳远、跳高、撑杆跳、铅球、铁饼、标枪和链球。女子撑杆跳和女子链球是2000年悉尼奥运会上新增的项目。公路赛包括男女马拉松、男子20公里和50公里竞走、女子20公里竞走。全能赛包括女子七项全能和男子十项全能。

Timing and measurements are very important to track and field. In some competitions just a few hundredths of a second or a few centimeters may separate the first-place and the second-place finishers. A stopwatch, or more advanced timing systems that incorporate videotape and photo finishes can be employed to time track events. But in track events shorter than 400 metres, fully automatic timing is required for world records and all major competitions in that, because of human error, times taken with stopwatches are not accurate enough to measure national, Olympic or world records in the shorter track events. Timing, once done in fifths of a second and then in tenths, now is done in hundredths of a second. Wind is another factor in timing important events. In the sprints, shorter hurdles races, long jump and triple jump, any wind that might aid a competitor's performance is measured. If the wind speed exceeds 2 metres per second, then the result cannot be considered for record purposes. In addition, metric measurements are required in both track and field events.

计时和测量对田径比赛来说至关重要。在一些比赛中，零点零几秒或几厘米的差别就可能决定谁是冠亚军。径赛可以用秒表来计时，也可用集终点录像和照相技术于一体的更先进的计时系统来计时。但是，在世界级的和所有重要比赛中，短于400米

的径赛要运用全自动计时装置。由于人为误差,在全国性比赛、奥运会或世界性比赛中,秒表无法准确测定短距离跑项目的成绩。过去是以 0.2 秒和 0.1 秒来计时,现在是以 0.01 秒来计时。在重大比赛的计时中,风力是另一个因素。在短跑、短距离跨栏跑、跳远、三级跳远比赛中,要测定任何可能有助于运动员成绩的风速。如果风速超过 2 米 / 秒,该成绩则不能作为比赛纪录。此外,田赛和径赛中的度量单位都是米制。

Track-and-field has a long history. Such events as the sprints, javelin and discus were popular during the Olympian Games that began in 776 BC in Greece. From 708 BC, the pentathlon, which comprised the discus, the javelin, foot racing, long jumping and wrestling, became an Olympic event. In 146 BC the Romans conquered Greece, and they continued to hold the Olympic contests for more than 500 years. Then in 393 Roman emperor Theodosius I abolished the games because he viewed them as a pagan activity. For eight hundred years thereafter, no organised track-and-field competitions were held.

田径历史悠久。在希腊,像短跑、标枪、铁饼这样的比赛项目早在公元前 776 年开始的奥林匹克运动会上就已经流行了。从公元前 708 年开始,五项全能成为一项奥林匹克赛事。当时,五项全能包括铁饼、标枪、赛跑、跳远和角力。公元前 146 年罗马人征服希腊,他们继续举办奥林匹克竞赛,并一直持续了 500 多年。公元 393 年,由于罗马皇帝狄奥多西一世认为这种运动会是一种异教活动而废止了奥林匹克运动会。在此后的 800 年里,再

没有举办过有组织的田径比赛。

Modern beginnings of track and field owe much to the British Isles' rural athletic contests that emerged in the 12th century. Another precursor was pedestrianism, or walking and running long distances, which became a favorite English sport in the late 1700s and the 1800s. In 1837 one of the first modern track-and-field meets was held at Eton College in England. Then in 1868 the New York Athletic Club held what some scholars call the first formalized track meet in the United States. The club went on in 1876 to host the first US national championship. In 1888 the Amateur Athletic Union of the United States (AAU), an organization sponsoring meets on youth, high school and collegiate levels, was formed. Originally track and field was mainly a male sport, but in 1895 Vassar College held the first women's meet in New York. In that same year the New York Athletic Club and the London Athletic Club staged the first international meet in New York City, and in 1896 the first modern Olympic Games were staged in Athens, Greece. In 1912 the IAAF was formed in London to govern international track and field competitions. Since 1896 track and field athletics has been held at every Olympics. The men's athletic programme has become fairly standardised since 1932 though it varied in the previous Olympics. Yet women's track and field did not begin until the 1928 Amsterdam Olympics and has been contested ever since.

现代田径的开始在很大程度上要归功于始于 12 世纪的大不

列颠岛出现的乡村田径赛。田径的另一个先驱就是徒步运动，也叫步行和长距离跑，它在 18 世纪末和 19 世纪成为英国人喜爱的一项运动。1837 年，最早的现代田径运动会之一在英国的伊顿公学举行。接着，纽约田径俱乐部于 1868 年举办了一届径赛运动会，一些学者认为这是美国最早的正式径赛运动会。1876 年，纽约田径俱乐部又举办了美国首届全国田径锦标赛。1888 年，美国业余田径联合会 (AAU) 成立。这一组织成为青年、高中和大学各层次运动会的发起者。田径运动起初主要是男子运动，但在 1895 年，瓦塞尔大学在纽约首次举办了女子田径比赛。同年，纽约田径俱乐部和伦敦田径俱乐部在纽约首次举办了国际比赛。1896 年，第一届现代奥林匹克运动会在希腊雅典举行。1912 年，国际业余田径联合会在伦敦成立，以监督国际田径比赛。自 1896 年起，在历届奥林匹克运动会中都有田径比赛。男子田径项目虽然在前几届奥运会上不尽相同，但自 1932 年起则趋于标准化。而女子田径比赛则始于 1928 年的阿姆斯特丹奥运会，并从此成为比赛项目。

Prior to and in the early 1970s, athletes from Finland dominated long distance running. But now such African countries as Kenya, Ethiopia and Morocco are dominant forces in distance running. The United States, which has always been the top nation in the world in track and field, now still dominate in the sprints, hurdles and horizontal jumps. In women competitions, the former Soviet Union and East Germany were the top powers prior to the dissolution of those two nations.

在 20 世纪 70 年代初以前,芬兰在长跑比赛中处于统治地位。但是现在,肯尼亚、埃塞俄比亚、摩洛哥等非洲国家都在长跑比赛中占有一席之地。一直作为田径大国的美国,现在仍然在短跑、跨栏跑以及跳跃项目中处于领先地位。在女子比赛中,解体前的苏联与合并前的东德具有很强的田径实力。



Part 2 Track Events (径赛)

For many people, from the lightning-quick 100-metre dash that will determine the "world's fastest human" to the 10-event decathlon that tests a competitor's endurance and will declare the winner the "world's greatest athlete", track and field defines the Olympic Games. As far as the number of medals is concerned, there is a saying "He who wins the track and field wins the game."

对于许多人来说,从决定谁是“世界飞人”的快如闪电的百米短跑,到决定谁是“世界最伟大运动员”的最需耐力的十项全能,田径比赛才是奥林匹克运动的真正意义所在。就奖牌数量来看,人们常说“得田径者得天下”。

The center of the stadium, known as the infield, is encircled by a 400-metre oval track. Track-and-field events are held in stadiums that have specialised areas for running, jumping and throwing events. Usually, several events can be held at the same time.

体育场中心是“内场”,它被一个400米长的环形跑道环绕。田径比赛在体育场指定的赛跑、跳跃、投掷比赛区域内进行。通常情况下,几项比赛可同时进行。

Track events take place on the 400-metre oval running track (cf. fig.1). In the past almost all tracks were made of such natural materials as dirt, clay, cinders and crushed brick. But now in all major

competitions tracks are made of synthetic materials, which ensure more consistent and faster footing in all weather conditions. On the track, there must be two turns and two straights with 6 — 8 lanes. Each of these lanes is about 1.22 to 1.25 metres wide, including the 5cm lane-dividing line on its right.

径赛就在 400 米环形跑道上（参见图 1）进行。过去，几乎所有跑道都是由天然材料建成的，如泥土、黏土、煤屑、碎砖。但是，现在所有重要的比赛都用塑胶跑道，这种跑道在各种气候条件下都会确保运动员有更坚实稳定的立足点，使运动员跑得更快。环形跑道必须有两个弯道和两个直道，且设有 6~8 个分道。每个分道，包括其右边 5 厘米的分道线，宽为 1.22~1.25 米。

Track events start with the firing of a gun. In races of one lap or less the runners should remain in their marked lanes for the entire distance. In middle-distance and long-distance races the runners may ignore the lane markers and run as close to the inside edge of the track as possible. The runner whose torso reaches the winning line first is the winner. In sprints all runners take crouch start, while in middle-distance and long-distance races, runners take standing start.

径赛以发令枪响开始比赛。在一圈或低于一圈的比赛里，参赛者要在自己的跑道内完成整个比赛。在中长跑比赛中，运动员可不计跑道标志，而尽量接近跑道的内边缘。身体躯干最先越过终点线的运动员为胜者。在短跑比赛中，所有参赛者都采取蹲踞式起跑，而在中长跑比赛中，选手则采用站立式起跑。

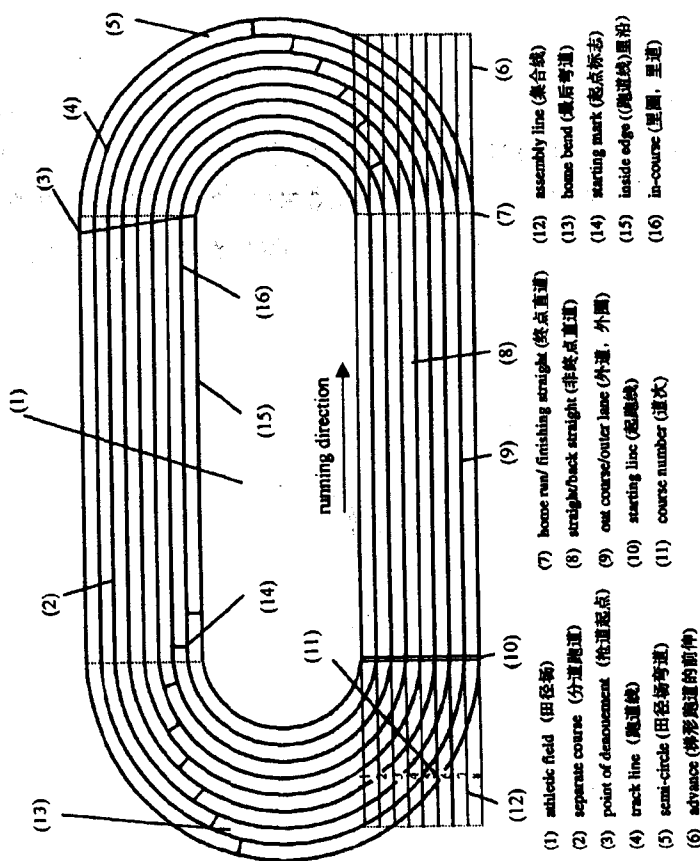


图 1 径赛场地图