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A comparative study of Indian male and female athletes' performance in Olympic Games with the winning performance of Olympic winners in 3,000m SC (steeplechase event)

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Abstract

The comparative study of the performance of Olympic winners in Olympic Games along with Indian male and female performance in Olympic Games in 3,000 m steeplechase.

In order to understand the progress of Indian athletes' performance over the years the researchers have compared all performance of Indian athletes in various Olympic Games in male and female 3,000 m Steeplechase with the winning performance of Olympic winners.

The collection of data has been founded on two basis i.e., primary sources and secondary sources. The performance of Indian Men Athletes in Olympic, it has somewhat declined. The performance of Olympic winners is maintained at an average level.

Keywords: Olympic Games, Olympic winners, Indian male and female athletes, Performance, 3,000 m Steeplechase.

Introduction

The 3000 metres steeplechase or 3000-meter steeplechase (usually abbreviated as 3000m SC) is the most common distance for the steeplechase in track and field. It is an obstacle race over the distance of the 3000 metres, which derives its name from the horse racing steeplechase.

The sport dates back to a cross-country race at the University of Oxford in 1850. As an Olympic track event (for men only), it was first run in the 1900 Games, and by the 1920 Games it was standardized at 3,000 metres, or about 7.5 laps on a 400-metre track. The steeplechase is also contested at a distance of 2,000 metres in international meets, though not at the Olympic Games. Scandinavian runners, such as Volmari Iso-Hollo of Finland, were the top finishers from the 1920s through the '40s, but Kenyan athletes, led by Kip Keino and Moses Kiptanui, came to dominate the event after midcentury.

Rules

It is one of the track events in the Olympic Games and the World Athletics Championships; it is also an event recognized by World Athletics. The obstacles for the men are 36 inches (91.4 cm) high, and for the women 30 inches (76.2 cm).

The water jump consists of a barrier followed by a pit of water with a landing area defined as follows: The pit is 3.66 m (12 feet) square. The pit's forward-direction measurement starts from the approach edge of the barrier and ends at the point where the water jump slope reaches the flat surface of the steeple pathway. Rulebook language simply but clearly says "The water jump, including the hurdle, shall be 3.66 m in length." Pits have an upward slope; the water is deeper near the barrier and is within 2 cm of ground level at the departure end. That slope begins approximately 30 cm (12 in) forward of the barrier at which point the water is 70 cm (28 in) deep. The length of the race is usually 3,000 metres (9,843 ft); junior and some masters events are 2,000 metres (6,562 ft), as women's events used to be. The circuit has four ordinary barriers and one water jump. During the course of the race, each runner must clear a total of 28 ordinary barriers and seven water jumps.

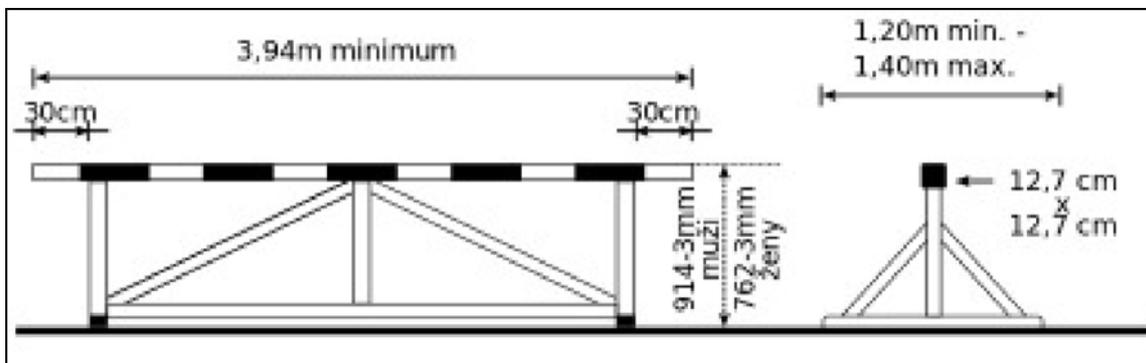
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This entails seven complete laps after starting with a fraction of a lap run without barriers. The water jump is located on the back turn, either inside the inner lane or outside the outer lane. If it is on the outside, then each of the seven laps is longer than the standard 400 m, and the starting point is on the home straight. If the water jump is on the inside, each lap is shorter than 400 m, the starting point is on the back straight, so the water jump and barrier in the home straight are bypassed in the first half lap at the start.

Unlike those used in hurdling, steeplechase barriers do not fall over if hit, and the rules allow an athlete to negotiate the barrier by any means, so many runners step on top of them. Four barriers are spaced around the track on level ground, and a fifth barrier at the top of the second turn (fourth barrier in a complete lap from the finish line) is the water jump. The slope of the water jump rewards runners with more jumping ability, because a longer jump results in a shallower landing in the water.



The comparative study of the performance of one country with that of various international competitions help in the judgement of the sports standard in that country. Over the corresponding successive years, the reduced gap in the performance indicated that the improvement, whereas, the widening of the gap will indicate the dis improvement in the standard of sports. In athletics, the standard is improving day-by-day which is clear from the fact that the performance is improving in most of the events at each successive Olympic Games and other international competitions.

The improved techniques and tactics of the game, new sports infrastructure facilities, development of new sports equipments, adaptation of selection procedures through scientific devices, etc., are playing a significant role in improving the sports performance.

In order to understand the progress of Indian sportsman over the years, the author has compared the best performance of Indian male and female athletes in Olympic Games, with the winning performance of Olympic winners in 3,000m SC (Steeplechase).

Methodology

The track events i.e., 3,000m SC men and women have been selected for this comparative study. The collection of data has been founded on two basis (a) primary sources and (b) secondary sources.

a) Primary Sources

The figures of performance of Indian athletes in Olympic Games and also performance of Olympic Winners have been collected by correspondence with the International Olympic Committee (IOC) and Indian Olympic Association (IOA).

b) Secondary Sources

Old and new figures were collected through the medium of newspapers, internet. Help has been taken from the available books and periodicals. Figures have also been gathered by contacting various recognised institutions related with games and sports.

Table 1 clearly exhibits Indian (Men) Athletes performance in 3,000m SC in Olympic Games with that of winning performance of Olympic winners. Indian athletes did not participate in Olympic, in this event even for once.

The performance of the Olympic winners, yearwise was: 1896, event not held; 1900, 7:34.4 second (distance was 2,500m); 1908, 10:47.3 second (distance was 3200m); 1912 and 1916 event not held; 1920, 10:00.4 second; 1924, 9:33.6 second, 1928, 9:21.8 second; 1932, 10:33.4 second, 1936, 9:03.8 second; 1940 and 1944, event not held; 1948, 9:04.6 second; 1952, 8:45.4 second; 1956, 8:41.2 second; 1960, 8:34.2 second; 1964, 8:30.8 second; 1968, 8:51.0 second; 1972, 8:23.6 second; 1976, 8:08.02 second; 1980, 8:09.7 second; 1984, 8:11, 80 second; 1988, 8:05.51 second; 1992, 8:08.84 second; 1996, 8:07.12 second; 2000, 8:21.43 second; 2004, 8:05.81; 2008, 8:10.34 second; 2012, 8:18.56 second; 2016, 8:03.28 second; 2020, 8:08.90.

Table 2 exhibits Indian performance of 3,000m SC (women) in Olympic Games with the winning performance of Olympic winners. In 2008, India did not participated in the event, In 2012 London Olympics Sudha Singh participated in the event and got 13th place in the heat of first round with the timing of 9:48.86 second, 2016 Lalita Babbar got 10th place in the final with the timing of 9:22.74 second.

On the other hand, the performance of Olympic winners was yearwise; in 2008, 8:58.81 second; 2012, 9:08.37 second; 2016, 8:59.75; 2020, 9:01.45.

Table 1: Indian Performance in 3,000m SC (Men) with the winning performance of Olympic winners

S. No.	Year	Performance of Olympic Winners	Indian Athletes in Olympic Games	Place of Indian Athletes in Olympic Games
1.	1896	ENH (Event not held)	-	-
2.	1900	2,500m SC - 7:34.4	-	-
3.	1904	2,500m SC - 7:39.6	-	-
4.	1908	3,200m SC-10:47.8	-	-
5.	1912	ENH	-	-
6.	1916	ENH	-	-

7.	1920	3,000m SC-10:00.4	-	-
8.	1924	9:33.6	-	-
9.	1928	9:21.80	-	-
10.	1932	10:33.4	-	-

(Contd. ...)

S. No.	Year	Performance of Olympic Winners	Indian Athletes in Olympic Games	Place of Indian Athletes in Olympic Games
11.	1936	9:03.80	-	-
12.	1940	ENH	-	-
13.	1944	ENH	-	-
14.	1948	9:04.6	-	-
15.	1952	8:45.40	-	-
16.	1956	8:41.20	-	-
17.	1960	8:34.20	-	-
18.	1964	8:30.80	-	-
19.	1968	8:51.00	-	-
20.	1972	8:23.64	-	-
21.	1976	8:08.02	-	-
22.	1980	8:09.70	-	-
23.	1984	8:11.80	-	-
24.	1988	8:05.51	-	-
25.	1992	8:08.84	-	-
26.	1996	8:07.12	-	-
27.	2000	8:21.43	-	-
28.	2004	8:05.81	-	-
29.	2008	8:10.34	-	-
30.	2012	8:18.56	-	-
31.	2016	8:03.28	-	-
32.	2020	8:08.90	-	-

Table 2: Indian Performance in 3,000m SC (Women) with the winning performance of Olympic winners

S. No.	Year	Performance of Olympic Winners	Indian Athletes in Olympic Games	Place of Indian Athletes in Olympic Games
1.	1896	ENH (Event not held)	-	-
2.	1900	ENH (Event not held)	-	-
3.	1904	ENH (Event not held)	-	-
4.	1908	ENH (Event not held)	-	-
5.	1912	ENH (Event not held)	-	-
6.	1916	ENH (Event not held)	-	-
7.	1920	ENH (Event not held)	-	-
8.	1924	ENH (Event not held)	-	-

(Contd. ...)

S.No.	Year	Performance of Olympic Winners	Indian Athletes in Olympic Games	Place of Indian Athletes in Olympic Games
9.	1928	ENH (Event not held)	-	-
10.	1932	ENH (Event not held)	-	-
11.	1936	ENH (Event not held)	-	-
12.	1940	ENH (Event not held)	-	-
13.	1944	ENH (Event not held)	-	-
14.	1948	ENH (Event not held)	-	-
15.	1952	ENH (Event not held)	-	-
16.	1956	ENH (Event not held)	-	-
17.	1960	ENH (Event not held)	-	-
18.	1964	ENH (Event not held)	-	-
19.	1968	ENH (Event not held)	-	-
20.	1972	ENH (Event not held)	-	-
21.	1976	ENH (Event not held)	-	-
22.	1980	ENH (Event not held)	-	-
23.	1984	ENH (Event not held)	-	-
24.	1988	ENH (Event not held)	-	-
25.	1992	ENH (Event not held)	-	-
26.	1996	ENH (Event not held)	-	-
27.	2000	ENH (Event not held)	-	-
28.	2004	ENH (Event not held)	-	-
29.	2008	8:58.81	-	-
30.	2012	9:08.37	9:48.86	13 th in Heat 1
31.	2016	9:19.76	9:22.74	10 th in final
32.	2020	9:01.45	-	-

Conclusion

According to the Table 1 and 2 it does not seem relevant for Indian athletes to participate in this event (3,000m SC) in Olympic Games. In Olympics the performance of Indian

athletes has declined as compared to previous one. The performance of Olympic winners is nearly maintained at an average level.

So it is concluded that Indian athletes should not participate in

this event and rather should prepare precisely for another events in Olympic Games.

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