

LONG JUMP



EQUIPMENT NEEDED FOR THIS EVENT

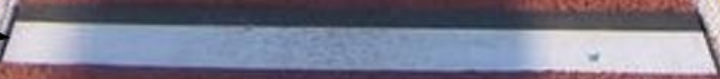
- × Runway
- × Take off Board
- × Sand pit
- × Tape Measure

EQUIPMENT NEEDED FOR THIS EVENT

Sand pit



Takeoff Board



Runway



RULES **FOR PERFORMING**



1. MUST TAKEOFF BEFORE THE EDGE OF THE BOARD

If your foot crosses over the takeoff board it is a violation and your jump will be a scratch



2. JUMP IS MEASURED FROM FOUL LINE TO THE CLOSEST POINT THEY TOUCH

If you fall backwards your jump will be measured from the part of your body closest to the takeoff board.



3. MUST EXIT THE SAND PIT FROM THE BACK

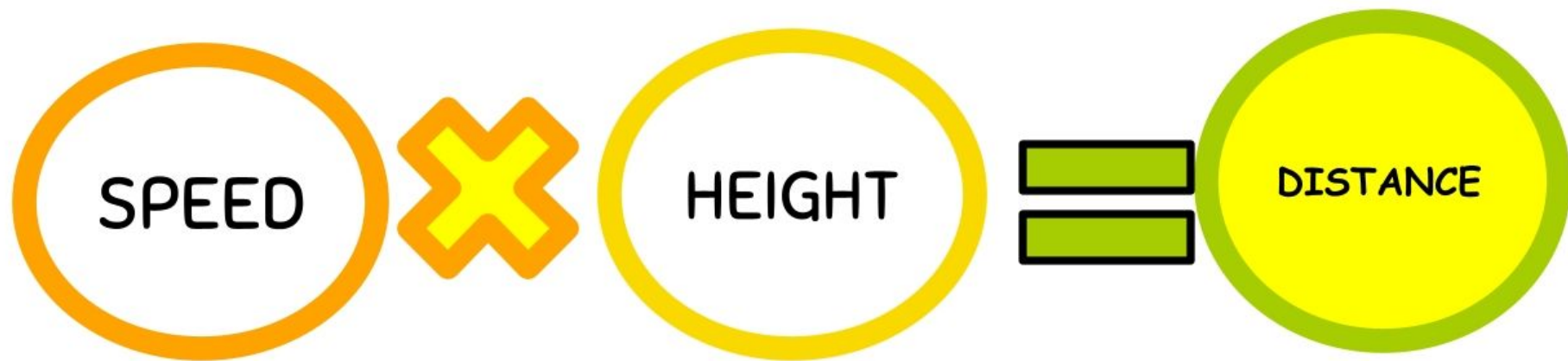
If you exit anywhere else your jump becomes a fault.



**4. ATHLETE HAS 3 ATTEMPTS TO
PERFORM THEIR BEST JUMP**



THE SCIENCE BEHIND THE JUMP



THE ATHLETE THAT JUMPS THE FARTHEST WINS.

CRITICAL ELEMENTS

FOR PERFORMANCE



1. APPROACH



- × The sprint down the runway.
- × Speed is the most dominant factor

2. TAKE OFF



- × The last 3 steps to the take off board are the key to success
- × Take off creates the height, more height further distance.

3. *IN THE AIR*

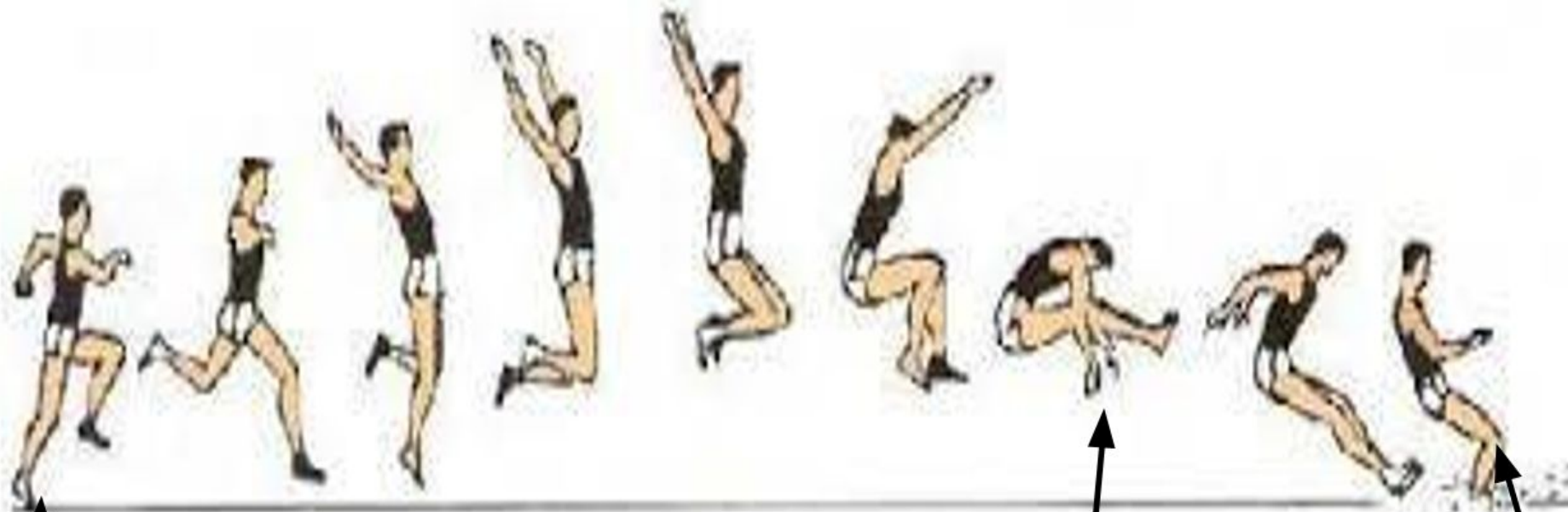


- × You want to create some hang time in the air by bringing arms overhead.

4. LANDING



Feet should land ahead of your center of mass and drive your arms forward



TAKE OFF

IN THE AIR

LANDING

STEPS TO THE LONG JUMP

LONG JUMP EXAMPLE

