

ATHLETICS

LONG TRIPLE HIGH



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MOST IMPORTANT COMPONENTS OF FITNESS

Speed – on the runway to jump as far as is possible

Power – to convert the runway speed to distance.

Co-ordination – to jump as you hit your fastest speed / the correct take off spot.

Flexibility – to get your body into the correct shape to jump.

SKILLS

RUN / TAKE-OFF / FLIGHT / LANDING

Long Jumps - Hitch kick

Triple jump – Hop, step jump.

High jump – Fosbury Flop

TACTICS

Making sure you have a safe jump to score

REGULATIONS

The run up should be at least 40m long.

The take-off board should be at least 1m from the end of the runway.

Competitors can mark their run-ups at 2 places on the runway.

School Regulations.

Wait until the pit is clear before you start your run-up.

RULES

For long and triple jumps:

You cannot take off from in front of the take-off board.

Your distance is marked at the landing point closest to the sand.

High Jump – you can only take off from 1 foot, if you knock the bar off or pass the line of the bar it is a fail.