

FIELD EVENTS

Triple jump

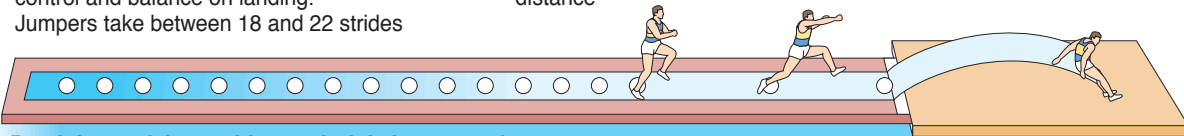
This event, originally known as the hop, step and jump, requires more power than the long jump because the jumper must make two landings and take off powerfully from each before landing in the pit. The triple jump puts severe strain on the heels and Achilles' tendons

Approach: Correct speed of approach is critical to maintain control and balance on landing. Jumpers take between 18 and 22 strides

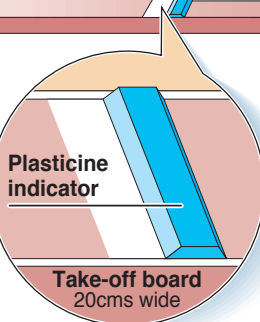
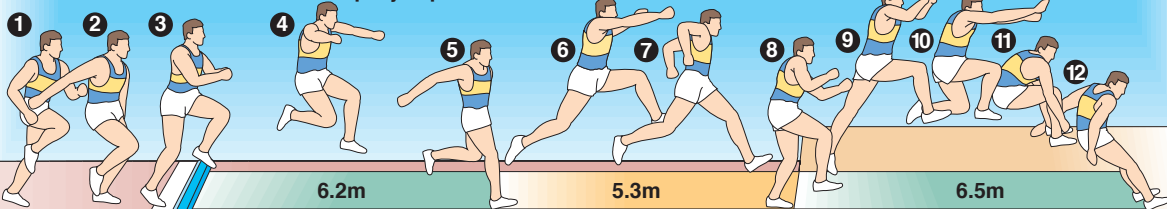
Hop: Height and angle are crucial to overall distance

Step: Athlete aims for maximum height

Jump



Breakdown of the world record triple jump – 17.97m



Hop – 1-3: Athlete sprints to take-off board, back is straightened and head raised as leading knee drives upwards
4-5: 'Cycling' motion carries athlete forward to land on heel

Step – 6-8: Athlete drives off powerfully to gain height. Leading leg stretches to land on flat of foot.

Jump – 9-11: Trailing leg pushed through to waist level to gain height, hips drawn up and forward to achieve maximum distance
12: Upper body thrust forward and arms backward to gain momentum. As heels strike sand, arms swing rapidly forward to prevent falling back

Previous Olympic winners	metres	15.0	15.2	15.4	15.6	15.8	16.0	16.2	16.4	16.6	16.8	17.0	17.2	17.4	17.6	17.8
1948 15.40m: Arne Ahman (Sweden)																
1952 16.22m: Adhemar Ferreira da Silva (Brazil)																
1956 16.35m: Adhemar Ferreira da Silva (Brazil)																
1960 16.81m: Jozef Schmidt (Poland)																
1964 16.85m: Jozef Schmidt (Poland)																
1968 17.39m: Viktor Saneyev (Soviet Union)																
1972 17.35m: Viktor Saneyev (Soviet Union)																
1976 17.29m: Viktor Saneyev (Soviet Union)																
1980 17.35m: Jaak Uudmae (Soviet Union)																
1984 17.26m: Al Joyner (United States)																
1988 17.61m: Khristo Markov (Bulgaria)																
<div> Olympic records </div> <div> Men 17.61m: H. Markov (BUL) 1968 </div> <div> World records </div> <div> Men 17.97m: W. Banks (USA) 1985 </div>																