



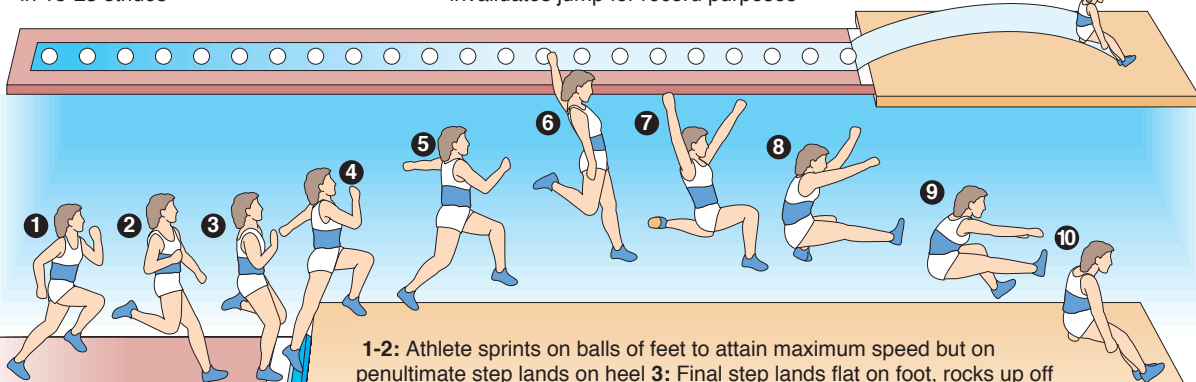
Long jump

Bob Beamon's 23 year old Olympic world record was broken last year by Mike Powell. Carl Lewis, narrowly beaten by Powell in the World Championships, will be anxious to add to the gold medals he won in Los Angeles in 1984 and Seoul in 1988

Approach: Athletes begin each run-up from the same point, covering 40-50 metres in 18-23 strides

Take-off: Jumpers aim to leave ground at top speed, but a following wind speed of over 2m per second invalidates jump for record purposes

Landing: The jump is measured from the nearest mark to the take-off board



Indicator

Take-off board
20cms wide

1-2: Athlete sprints on balls of feet to attain maximum speed but on penultimate step lands on heel 3: Final step lands flat on foot, rocks up off toes to lower centre of gravity and improve lift 4: Take-off leg is fully extended, driving up from the toes 5-7: Athlete continues running action in the air to keep hips forward 8-9: Legs are fully extended with head, chest and arms reaching forward 10: Feet are pushed as far forward as possible without making the athlete fall backwards. Knees bend and arms swing forward as heels hit sand

Athletes are permitted three attempts in the competition. The indicator – a raised layer of plasticine – shows up foot faults. If the jumper's foot crosses the front edge of the take-off board the jump is called foul and becomes void

Olympic records



Men 8.90m: R. Beamon (USA) 1968

Women 7.40m: J. Joyner-Kersey (USA) 1988

World records

Men 8.95m: M. Powell (USA) 1991

Women 7.52m: G. Chistyakova (URS) 1988

Previous Olympic winners	metres	6.5	7.0	7.5	8.0	8.5	9.0
1968 8.90m: Robert Beamon (USA)							
1968 6.82m: V. Viscopoleanu (ROM)							
1972 8.24m: Randy Williams (USA)							
1972 6.78m: H. Rosdahl (FRG)							
1976 8.35m: Arnie Robinson (USA)							
1976 6.72m: Angela Voight (GDR)							
1980 8.54m: Lutz Dombrowski (GDR)							
1980 7.06m: Tatyana Kolpakova (URS)							
1984 8.54m: Carl Lewis (USA)							
1984 6.96m: Anisoara Stanciu (ROM)							
1988 8.72m: Carl Lewis (USA)							
1988 7.40m: J Joyner-Kersey (USA)							
1991 8.95m: Mike Powell (USA)							

New world record set in Tokyo, August 30, 1991