

High Jump *Olympic Stadium*

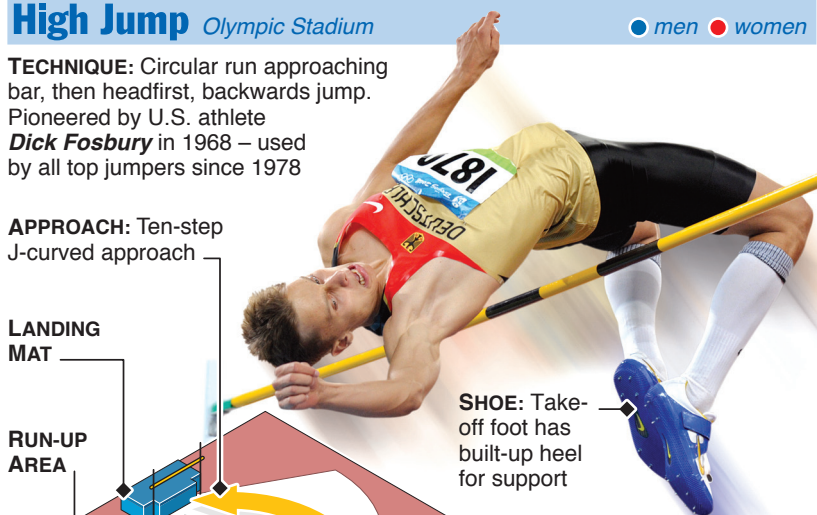
● men ● women

TECHNIQUE: Circular run approaching bar, then headfirst, backwards jump.
Pioneered by U.S. athlete **Dick Fosbury** in 1968 – used by all top jumpers since 1978

APPROACH: Ten-step J-curved approach

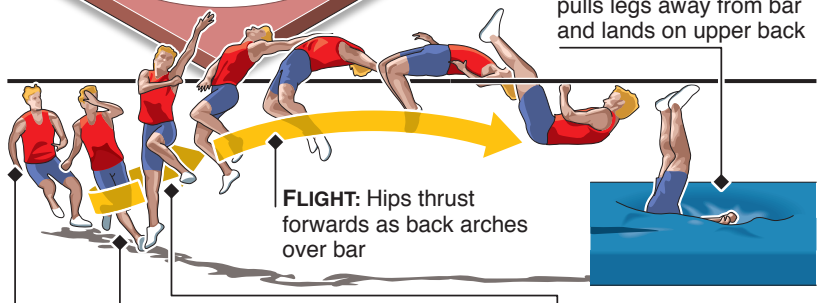
LANDING MAT

RUN-UP AREA



SHOE: Take-off foot has built-up heel for support

LANDING: Once hips have cleared, jumper pulls legs away from bar and lands on upper back



FLIGHT: Hips thrust forwards as back arches over bar

STRIDE PATTERN: Initial five strides used to build speed. Jumper curves run-up during final five strides

TAKE-OFF: Heel spikes act as brakes. Body straightens, hips raise, transferring momentum into upward lift

TURN: Centrifugal force causes athlete to lean away, lowering centre of mass of hips

Olympic record	m	Charles Austin (USA)	Atlanta, 1996	2.39m
	w	Yelena Slesarenko (RUS)	Athens, 2004	2.06m
World record	m	Javier Sotomayor (CUB)	Salamanca, 1993	2.45m
	w	Stefka Kostadinova (BUL)	Rome, 1987	2.09m