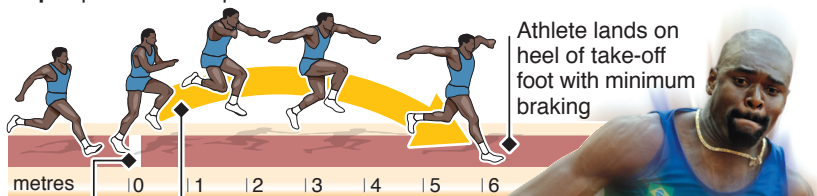


Triple Jump *Olympic Stadium*

● men ● women

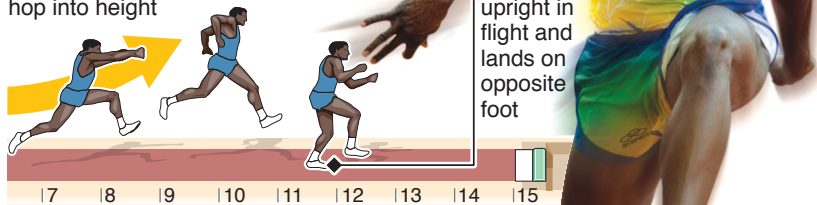
Hop: Speed on run-up determines final distance achieved



Foot must not cross front of toe board

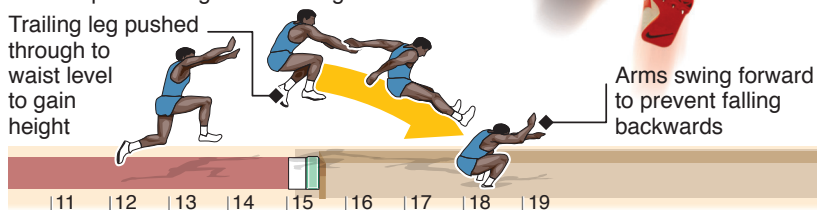
Low take-off angle – “cycling” motion carries jumper forward

Step: Athlete drives off powerfully – converting momentum from hop into height



Jump: Similar take-off to step phase, but legs swing forward to provide added momentum to counteract loss of speed during first two stages

Trailing leg pushed through to waist level to gain height



Olympic record	<i>m</i> Kenny Harrison (USA)	Atlanta, 1996	18.09m
	<i>w</i> Francoise Mbango Etone (CMR)	Beijing, 2008	15.39m
World record	<i>m</i> Jonathan Edwards (GBR)	Gothenburg, 1995	18.29m
	<i>w</i> Inessa Kravets (UKR)	Gothenburg, 1995	15.50m