

Long Jump Olympic Stadium

men women

Take-off board:

Wood or aluminium, 20cm wide. Foot should land flat

Take-off line

No-jump recorded if crossed

Plasticine indicator

Olympic Champion: **Irving Saladino** (PAN)

Approach: Athlete aims for top speed during 20-23-stride approach. Elite jumpers usually leave ground at angle of 20 degrees or less – velocity is most important component of jump

Take-off: Penultimate stride lengthens – hips dip then rise forward and up, converting horizontal velocity to vertical force

Landing: Feet as far from hips as possible



Hitchkick: Strides during flight counteract forward rotation of body

Olympic record	m	Bob Beamon (USA)	Mexico, 1968	8.90m
	w	Jackie Joyner-Kersey (USA)	Seoul, 1988	7.40m
World record	m	Mike Powell (USA)	Tokyo, 1991	8.95m
	w	Galina Christyakova (URS)	Leningrad, 1988	7.52m