



# Long Jump

Olympic Stadium



**Take-off board:**  
Wood or aluminium.  
Foot should land flat



**Take-off line:**  
No-jump recorded if crossed

**Plasticine:** Shows foot indent if jump is foul

20cm

London Olympics long jump gold medallist **Greg Rutherford** (GBR)

**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

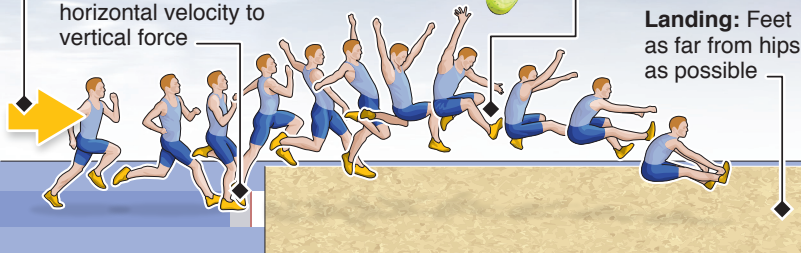
20°

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

**Hitchkick:**

Strides during flight counteract forward rotation of body

**Landing:** Feet as far from hips as possible



Olympic records	 <b>Bob Beamon</b> (USA)	Mexico, 1968	8.90m
	 <b>Jackie Joyner-Kersey</b> (USA)	Seoul, 1988	7.40m
World records	 <b>Mike Powell</b> (USA)	Tokyo, 1991	8.95m
	 <b>Galina Chistyakova</b> (URS)	Leningrad, 1988	7.52m