

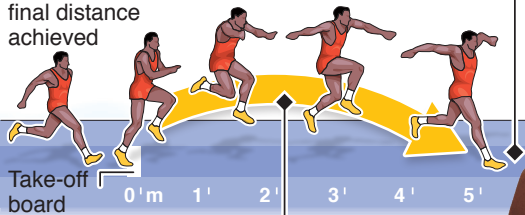


# Triple Jump *Olympic Stadium*



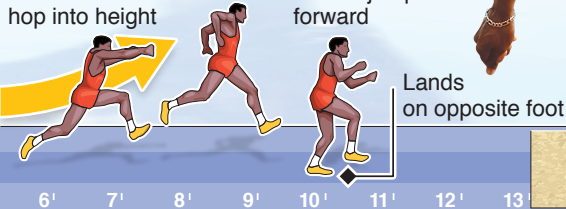
**Hop:** Speed on run-up determines final distance achieved

Athlete lands on heel of take-off foot with minimum braking



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

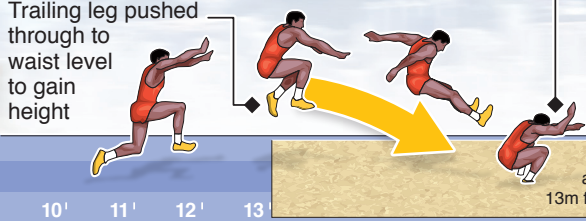
Low take-off angle. Cycling motion carries jumper forward



**Jump:** Legs swing forward to provide added momentum to counteract loss of speed during first two stages

Arms swing forward to prevent falling backwards

Trailing leg pushed through to waist level to gain height



*London Olympics men's triple jump gold medallist*  
**Christian Taylor (USA)**

Take-off board not further away from landing area than 13m for men and 11m for women

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