

Bar: Light, fibreglass pole – 4m long

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

Approach: Ten-step curved approach from either side

Run-up area

Landing mat

15-25m

London Olympics women's high jump gold medallist Anna Chicherova (RUS)

Fosbury Flop technique

Popularised by U.S. athlete **Dick Fosbury** during 1968 Mexico Olympics

Stride pattern: Initial five strides build speed. Jumper curves run-up during final five

Take-off: Heel spikes act as brakes. Momentum transfers into upward lift

Flight: Hips thrust forwards as back arches over bar

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

Pivot

Landing mat

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