

Yaroslava Mahuchikh (UKR)
Broke 37-year-old women's world record in July

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
15-25m

FOSBURY FLOP TECHNIQUE

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

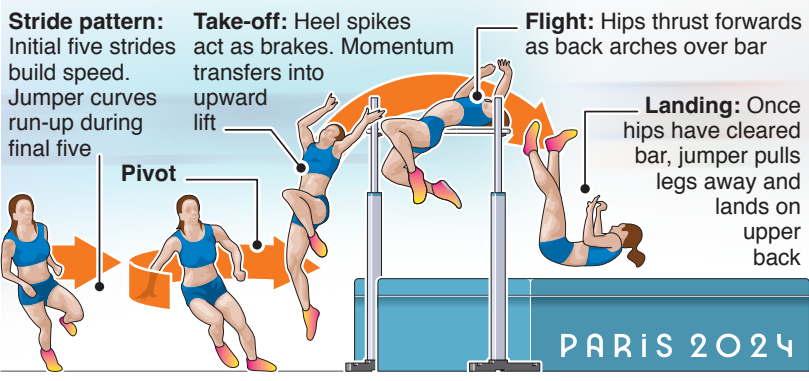
Stride pattern: Initial five strides build speed. Jumper curves run-up during final five





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



Olympic record	 Charles Austin (USA)	Atlanta 1996	2.39m
	 Yelena Slesarenko (RUS)	Athens 2004	2.06m
World record	 Javier Sotomayor (CUB)	Salamanca 1993	2.45m
	 Yaroslava Mahuchikh (UKR)	Paris 2024	2.10m