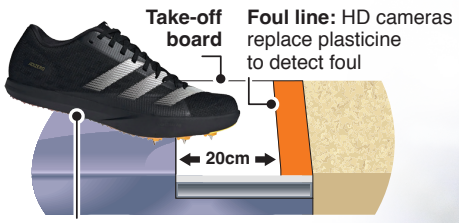


Stade de France

Event ■ Medal ■

Take-off: No-jump recorded if any part of shoe breaks vertical plane of foul line

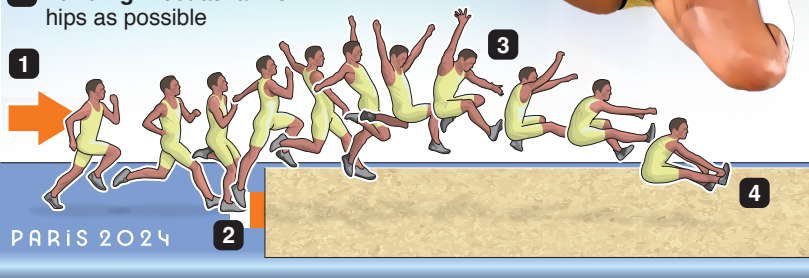
Malaika Mihambo
(GER). Claimed women's gold at Tokyo 2020







Adizero Long Jump shoes
Designed to grip runway to build maximum power and speed for explosive launch

JUMP DYNAMICS

- 1 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 crucial component
- 2 Take-off:** Penultimate stride lengthens – hips dip then rise forward and up, converting horizontal velocity to vertical force
- 3 Hitchkick:** Strides during flight counteract forward rotation of body
- 4 Landing:** Feet as far from hips as possible



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