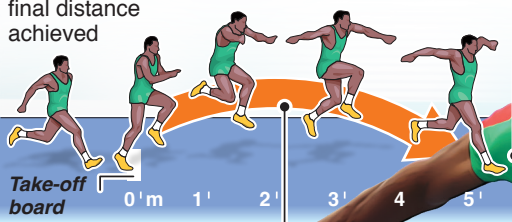


JUMP DYNAMICS

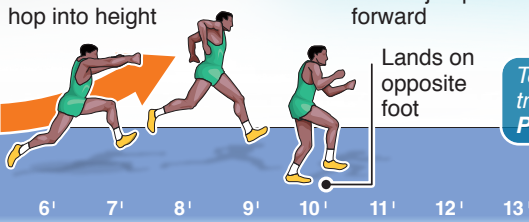
Hop: Speed on run-up determines final distance achieved

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



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

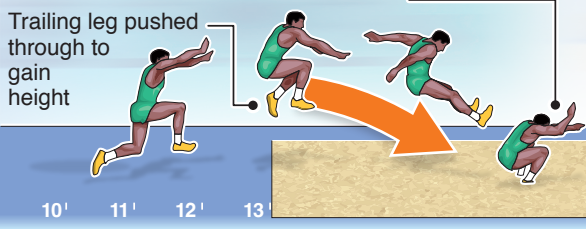
Low take-off angle. Cycling motion carries jumper forward







Tokyo Olympics men's triple jump gold medallist **Pedro Pichardo (POR)**

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

Arms swing forward to prevent falling backwards



Olympic record		Kenny Harrison (USA)	Atlanta 1996	18.09m
		Yulimar Rojas (VEN)	Tokyo 2020	15.67m
World record		Jonathan Edwards (GBR)	Gothenburg 1995	18.29m
		Yulimar Rojas (VEN)	Beograd 2022	15.74m