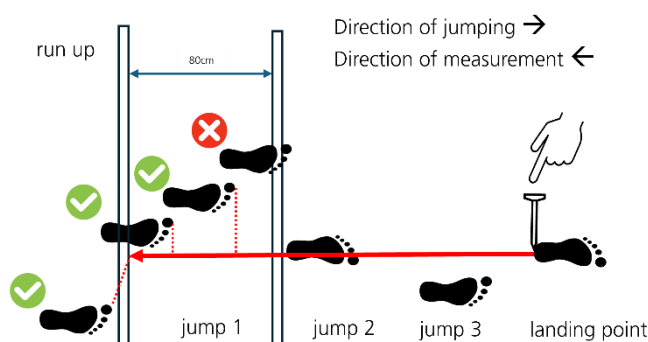


# Long jump alternative (Triple running jump)

**Material:** measuring tape, peg, desk pad, writing utensils, plastic pencil case.  
(if no drop line is marked: use white tape)

## The facility



Jumping off behind the zone =  
valid, but measurement only from the first white line

The triple running jump can be performed on practically any surface (grass, road, athletics track, etc.). It is important to ensure that the surface is level and free of stones, gravel or sand to prevent slipping.

Sufficient space is required for the run-up (recommendation: at least 25 metres) and the jumping and landing area (25 metres incl. run-out).

## Measurement

Mark the zero point at the rearmost landing point of the foot (heel) after the third jump with the nail. Stretch the measuring tape at right angles to the ground and place it at the nail from the zero point.

### Measuring tape direction

Read the distance at the take-off point.

### Reading the distance

The measurer starts measuring from the foremost take-off point within the take-off zone and reads the distance..

## Volunteers

3 helpers - division of tasks

- **Scribe:** Organisation of the arriving groups + calling names + note distance
- **Measurer 1:** check the jumping-off point + measure
- **Measurer 2:** Determine the point of impact + stretch the measuring tape to the back

Important: Measureers 1 and 2 count the number of jumps together out loud from the first jump onwards (1, 2, 3) to ensure that measurements can be taken when landing after the third jump.

## Missed attempt if...

- ...step over (see drawing)
- ...run through without jumping off

## Recommendations for the competition procedure

- **Warm-up jumping:** if possible give some time for jumping in (e.g. 5 min). Under the direction of a volunteer or according to the order on the competition sheet, so that everyone has a chance.  
Goal = try a lot in a short time! (can be shortened or omitted due to time schedule reasons!).
- **Calling:** Always call the jumper and the next person: e.g. "Naresh, get ready Patel!"
- **Run-up markings:** Tape/chalk on the track allowed. Other markings (e.g. a shoe) are not allowed on the track but only next to the track!



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