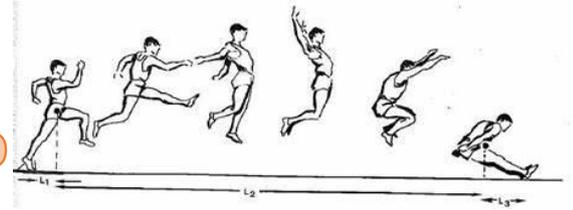


# Long Jump



## How it works:

The long jump is a track and field event in which athletes combine speed, strength and agility in an attempt to leap as far as possible from a take off point. Along with the triple jump, the two events that measure jumping for distance as a group are referred to as the "horizontal jumps". The standing long jump is no longer included in major competitions. It was discontinued from the Olympic Games after 1912. The running long jump was an event in the Olympic Games of 708 BCE and in the modern Games from 1896.

## History:

The long jump is the only known jumping event of Ancient Greece's original Olympics' pentathlon events. All events that occurred at the Olympic Games were initially supposed to act as a form of training for warfare. The long jump emerged probably because it mirrored the crossing of obstacles such as streams and ravines. After investigating the surviving depictions of the ancient event it is believed that unlike the modern event, athletes were only allowed a short running start. The athletes carried a weight in each hand, which were called halteres (between 1 and 4.5 kg). These weights were swung forward as the athlete jumped in order to increase momentum. It was commonly believed that the jumper would throw the weights behind him in mid-air to increase his forward momentum; however, halteres were held throughout the duration of the jump. Swinging them down and back at the end of the jump would change the athlete's centre of gravity and allow the athlete to stretch his legs outward, increasing his distance. The jump itself was made from the bater ("that which is trod upon"). It was most likely a simple board placed on the stadium track which was removed after the event. The jumpers would land in what was called a skamma ("dug-up" area). The idea that this was a pit full of sand is wrong. Sand in the jumping pit is a modern invention. The skamma was simply a temporary area dug up for that occasion and not something that remained over time.

## Did you know?:

Did you know that your jump has to actually be altered if the wind is too fast? The summer Olympics are held outside, and it does sometimes get windy. It wouldn't be fair if you happened to have some wind behind you which gave you just enough of an edge to win against your opponent.

Women's long jump – which didn't become an Olympic sport until 1948

The earliest long jumpers used rocks to help them jump further

The Olympics are so respected in Greece, they had a coin minted with a long jumper on it

## World records:

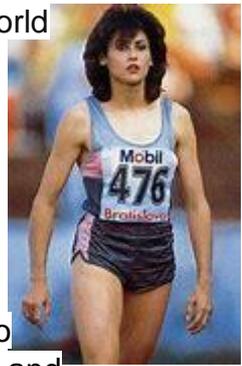
On 30 August 1991, Mike Powell of the United States set the current men's world record at the World Championships in Tokyo. It was in a dramatic showdown against Carl Lewis who also surpassed Beamon's record that day but his jump was wind-assisted (and thus not legal for record purposes). Powell's record 8.95 m (29 ft 4/4 in) has now stood for over 29 years.



[https://www.youtube.com/watch?v=B8Mui\\_qUvBo](https://www.youtube.com/watch?v=B8Mui_qUvBo)

Galina Chistyakova, representing the Soviet Union, set the women's long jump world record of 7.52 meters on June 11, 1988.

[https://www.youtube.com/watch?v=llZxP\\_dMbgA](https://www.youtube.com/watch?v=llZxP_dMbgA)



## Long jump techniques:

There are five main components of the long jump: the approach run, the last two strides, takeoff, action in the air, and landing. Speed in the run-up, or approach, and a high leap off the board are the fundamentals of success. The long jump can just as easily be named the “run and jump” or “sprint and jump,” because the actual jump is only part of the process. Yes, there are techniques for pushing off the board, for flying over the pit, and for landing. But these techniques, while important, can only maximize your distance, based on your takeoff speed. Once you’re in the air, there’s only a certain distance you can travel, based on the momentum you gained during the approach run, no matter how good your flight or landing techniques. Because speed is such an important factor of the approach, it is not surprising that many long jumpers also compete successfully in sprints. A classic example of this long jump / sprint doubling are performances by Carl Lewis.

## Question time:

What is the mens world record for long jump?

What are five main components of the long jump?

Who holds the female world record?

What did jumpers used to hold to make them jump further?

Why would an athlete’s jump have to be altered?

