

Long Jump

In long jumping (formerly called broad jumping), the contestant dashes along a runway and springs into the air from a point called the takeoff board, with the aim of covering the greatest possible distance. While still in the air the jumper throws both feet far forward of the body to increase the distance and to prepare to land. Competitors take three jumps for distance, after which all but the best seven performers are eliminated. The best seven then take three more jumps. A jump is measured along a straight line extending from the front edge of the takeoff board to the mark made closest to the takeoff board by any part of the jumper's body as the jumper lands. The athletes are rated on their longest jump. Long jumping requires strong leg and abdominal muscles, running speed, and leg spring.

