**Triple Jump**

The triple jump is a track and field sport, similar to the long jump, but involving a "hop, step and jump" routine, whereby the competitor runs down the track and performs a hop, a step and then a jump.

The original triple jump as practiced by the Greeks and was no more than three long jumps one after the other. The Celts invented a style of three jumps in a continuous action and this was regulated at the end of the nineteenth century, first by the Irish and then by the Americans.