

## 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*.

