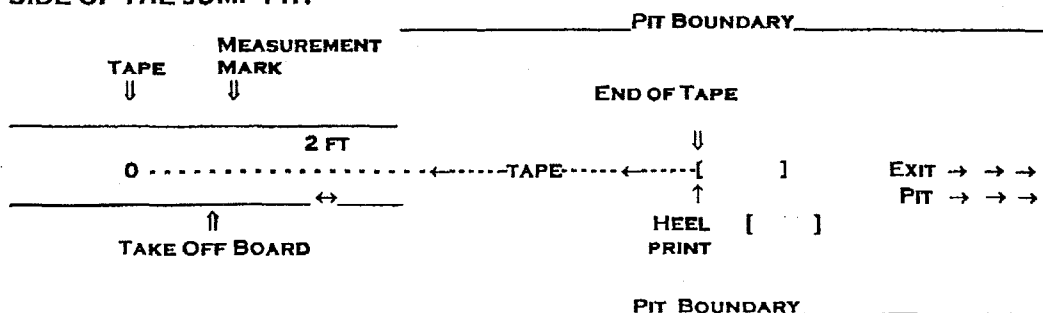


LONG JUMP

EQUIPMENT : TAPE MEASURE, RAKE
 EVENT SHEETS BOYS 2 - 8 GIRLS 2 - 8
 4 OFFICIALS = RECORDER, 2 JUDGES, RAKER

1. ESTABLISH TAKE OFF BOARD AND MARK WITH TAPE, IF THERE IS NO TAKE OFF BOARD. DO NOT USE DUCT TAPE. USE CLOTH TAPE.

 THE DISTANCE FROM THE TAKE OFF BOARD TO THE FRONT EDGE OF THE LONG JUMP PIT SHALL BE 2 FT. MARKED WITH A TAPE STRIP MINIMUM OF 8 " WIDE. ONLY THE FIELD EVENT COORDINATOR OR MEET DIRECTOR MAY CHANGE THE LOCATION OF THE TAKE-OFF.
2. FIRST CALL FOR THE GRADE LEVEL AS PER THE ORDER OF EVENTS AT THE SAME TIME AS THE FIRST CALL FOR THE 1600M. WHEN THE STARTING GRADE HAS COMPLETED THEIR SECOND (2ND) OFFICIAL FLIGHT OF JUMPS, CONTACT THE FIELD EVENT COORDINATOR OR MEET DIRECTOR FOR THE FIRST CALL FOR THE NEXT AGE GROUP & GENDER AND SO ON.
3. ATHLETES MAY SIGN IN AND LEAVE FOR A TRACK EVENT. REMIND THEM TO RETURN AS SOON AS POSSIBLE.
4. EACH COMPETITOR WILL GET 3 PRACTICE JUMPS. ALL JUMPERS ARE TO BE ALLOWED TO TAKE THEIR MARK. HELP THE JUMPERS GET THEIR START MARKS.
5. EACH COMPETITOR WILL GET 3 JUMPS. A JUMP IS CALLED A SCRATCH, IF ANY PART OF THE TOE IS BEYOND THE TAKE OFF BOARD. MARK THE SHEET WITH AN "S" FOR A SCRATCH. PLEASE BE CONSISTENT!
6. MEASURE EACH LEGAL JUMP TO THE NEAREST 1/4". MARK JUMPS FROM THE FIRST IMPRINT OF THE HEEL OR (HAND IF THEY FALL BACKWARDS) IN THE SAND CLOSEST TO THE TAKE OFF BOARD, AGAIN PLEASE BE CONSISTENT! USE END OF TAPE AT THE FIRST IMPRINT IN THE PIT AND MEASURE BACK TO THE TAKE OFF BOARD. FOR EVERY LEGAL JUMP THE MEASUREMENT SHOULD BE READ FROM THE EDGE OF THE TAKE OFF BOARD CLOSEST TO THE PIT, REGARDLESS OF WHERE THE ATHLETE ACTUALLY TOOK OFF. THE MEASUREMENT SHOULD BE TAKEN IN STRAIGHT LINE FROM IMPRINT TO THE TAKE OFF BOARD. SCRATCHES ARE NOT MEASURED. PLEASE BE CONSISTENT! RECORDER MUST STAND ACROSS THE RUNWAY AS THE PIT IS RAKED TO ENSURE NO ATHLETE ATTEMPTS A JUMP WHILE THE PIT IS BEING RAKED
7. ATHLETES MUST EXIT AT THE "BACK" OF THE PIT. ONE WARNING, SECOND TIME WILL RESULT IN A DQ FOR THAT JUMP. NEVER EXIT TOWARD THE TRACK SIDE OF THE JUMP PIT.



S = SCRATCHED

Revised Jan 2002