

Long Jump Procedures

Provided Equipment: 100ft measuring tape (x2); rake.

Provided Supplies: Clipboard, scoring forms, pen

Event Runner's Role

To supervise the safety of all competitors during the warm-up and competition, and to accurately measure/record each attempt to the nearest quarter-inch (round down).

Sign Ups

1. During sign ups, record each grade and gender on a different sheet (six or more sheets). Record Last Name, Competitor Number, School Name.
2. Inform competitors that they will compete in the same sequence in which they are signed-up. Line up athletes, as that will reduce confusion.
3. You may start to sign athletes in at 3:45 and continue to sign athletes in until the start of jumps for that specific division.
4. Prior to starting official jumps, allow athletes to get their step and do run throughs.
5. At the start of each division competition conduct a quick Official's Meeting to explain procedure and identify the different jumping boards.

Competition Procedures

1. Each athlete will receive a total of three attempts.
2. Athletes must declare their board choice before jumping.
3. They must take attempts one at a time. Scratches count as an attempt.
4. Any athlete who leaves the event must check out with the recorder. They must return within 10 minutes after the conflicting event concludes.

Measurement.

Measurements are made from the nearest edge of the first imprint made by the body (foot, butt, hand, etc) to the front (pit-side) of the takeoff board. The zero mark of the measuring tape should be held at the nearest edge of the first imprint made by the body. Measurements are rounded down to the nearest quarter-inch and recorded.

Scratches

The jumper shall takeoff from on or behind the takeoff board. It shall be counted as a scratch and not measured if:

- Jumper's foot extends past the takeoff board
- Jumper runs across the takeoff board

Take Off Board Locations (From Pit)

Board 1: 6' Board 2: 8' Board 3: 12'

Awards

Please score the division as soon as it is completed. Gather the athletes and handout awards. If an athlete is not present, label the award with their complete name and school and return it to the scoring table **Indicate on recording sheet athletes have received their award and return score sheet to results table.**

TOP 6 GO TO COUNTY NEXT THURSDAY, MAY 18TH AT WILLOW GLEN HS.