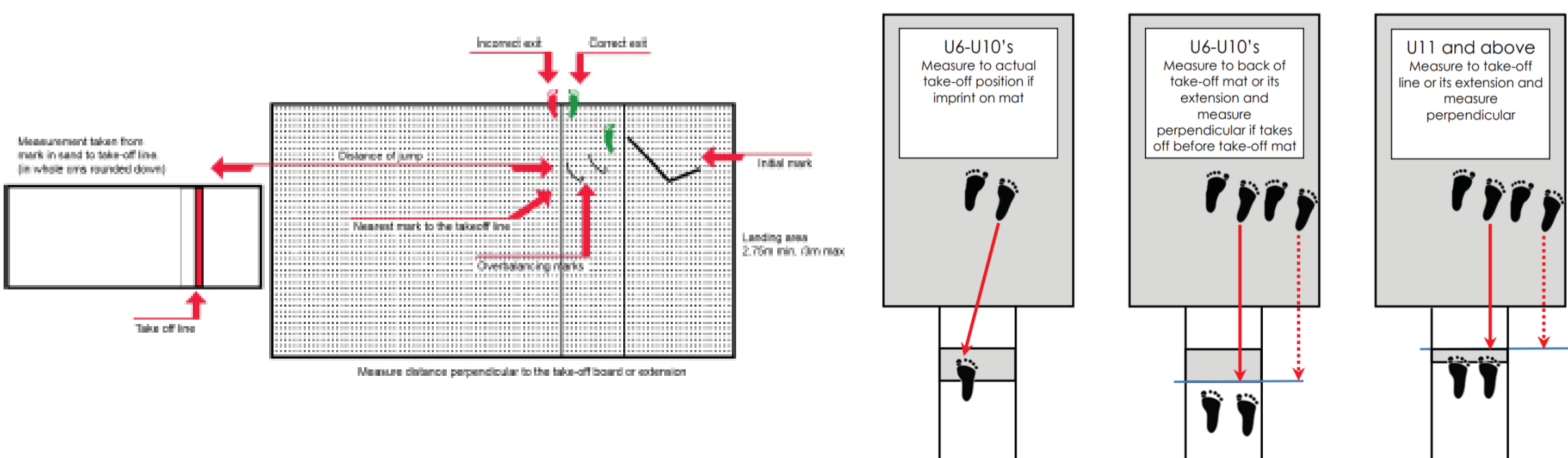


# THE QUICK GUIDE TO LONG JUMP

## Volunteer Roles and Responsibilities

1. Chief Marshal: Organise athletes and record measurements
2. Measure attempts
3. Rake pit

- 1 Take role and arrange athletes in the order they are to jump. Tell the athletes the number of jumps they are to have. Offer each athlete 1 practice jump.
- 2 Use mat and cover with sand for age groups U6 - U10. All other age groups use painted line. See below for further details.
- 3 Place spike & '0' end of tape at closest in-print to the take off area. Take measurement at the take off area indicated for each age group (see below)
- 4 Rake sand after each jump.
- 5 Ensure athletes exit the sand pit through the back of the pit.



# A VOLUNTEERS GUIDE TO THE LONG JUMP

Competitors sprint along a runway and jump as far as possible into a sandpit from a take-off board or mat. The distance travelled, from the edge of the board to the closest indentation in the sand to it, is then measured.

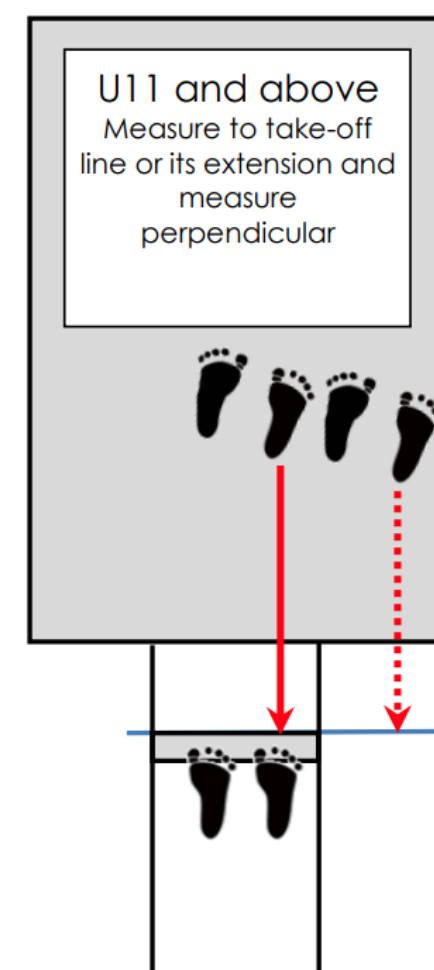
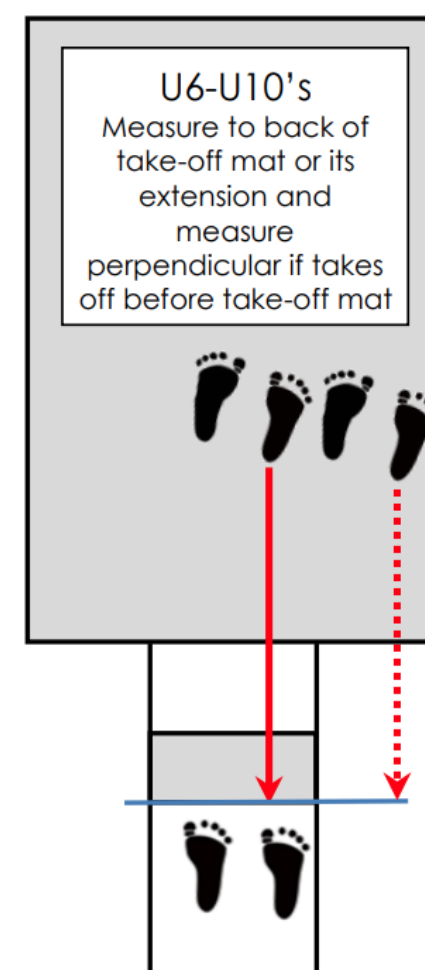
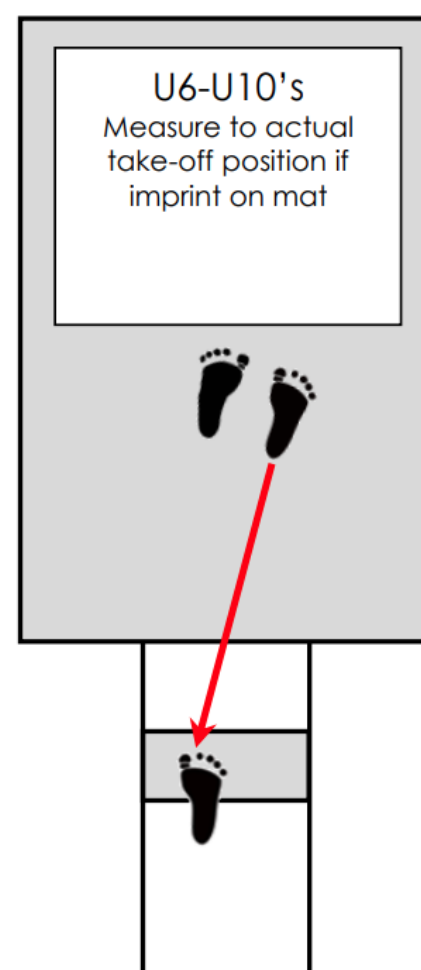
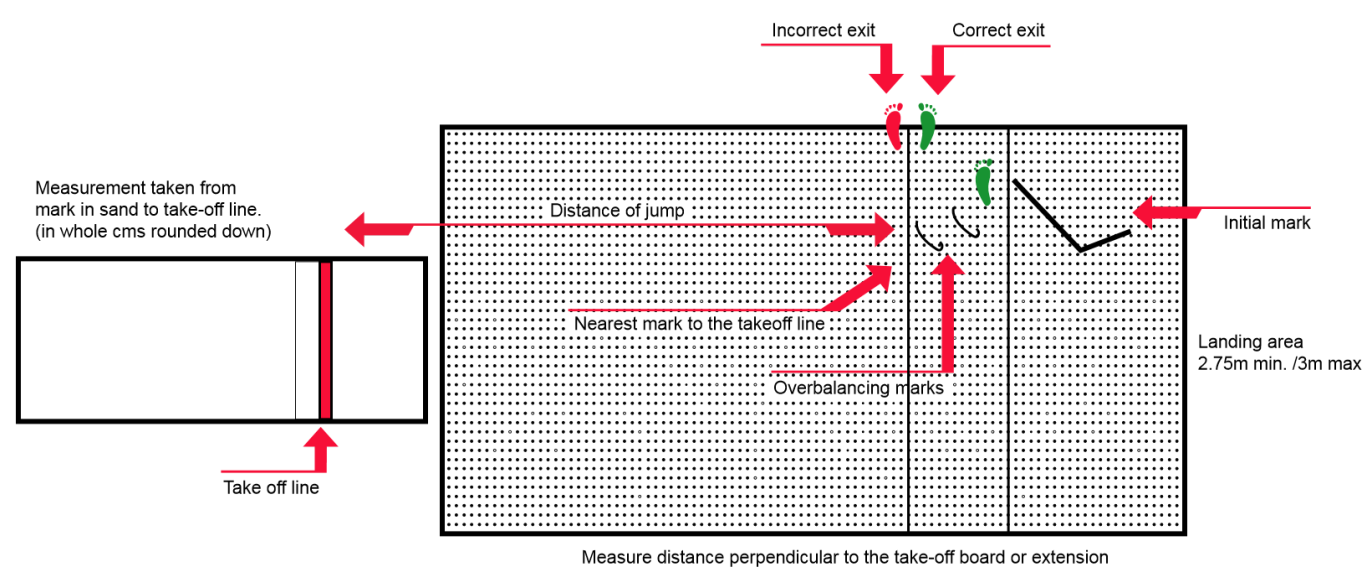
## ORGANISING THE EVENT

- 1 Check surroundings and equipment are safe for all children and volunteers, and prep event site (Eg. Turn and water sand).
- 2 Write children's names on the recording sheet to record results.
- 3 Arrange children in order they are to jump. Tell the children the number of trials they are to have.
- 4 Give each child practice jumps before the event begins.
- 5 Prepare take off area.
  - Up to U10 - piece of carpet/mat covered with light, even layer of sand.
  - U11+ - front edge of takeoff board.
- 6 Ensure children are jumping off one foot.
- 7 When measuring the length of the jump, mark the landing point (Imprint in the sand that is closest to the takeoff area) with the spike. The zero end of the tape is held at the spike.
- 8 Pull the tape tight and measure the distance to the closest centimetre below the distance measured (Unless the measurement is a whole centimetre). Measurement is made to:
  - Up to U10 - front of footprint left in mat covered with light layer of sand.
  - U11+ - front edge of takeoff board.
- 9 When recording, please use:  
X = Failure, NM = No measure, - = Pass

## EQUIPMENT

- Tape measure x 2, measuring (20m) and run ups (50m).
- Rake/shovel for leveling sand.
- Broom for and clearing runway.
- Watering can for keeping sand damp.
- Spike to assist with measuring.
- Runway markers.
- Cones to assist as a visual aid and mark the take off position.
- Recording sheet.

# MEASURING



# RECORDING

When recording, please use:

X = Failure, NM = No measure, - = Pass

| Athlete | 1st Trial | 2nd Trial | 3rd Trial | Best | Place |
|---------|-----------|-----------|-----------|------|-------|
| A       | 4.75      | X         | 4.62      | 4.75 | 4     |
| B       | 5.35      | 4.92      | 5.87      | 5.87 | 2     |
| C       | 4.65      | 4.35      | 4.75      | 4.75 | 3     |
| D       | 5.87      | 5.35      | 5.03      | 5.87 | 1     |
| E       | X         | X         | X         | NM   | NM    |

# SAFETY

- 1 Inspect runway for slipperiness. Sweep loose sand from runway, especially at takeoff area.
- 2 Ensure sufficient sand in the pit to cushion landings.
- 3 Dig over landing pit and remove any foreign objects. Ensure sand is level with run up.
- 4 When laid on the ground, rake spikes should point toward the ground.
- 5 A minimum of two volunteers run this event.

# FAILURES

- Foot in front of line at takeoff.
- Walk back through the pit after the jump.
- Somersaults into the pit.
- Landing on, or touching the ground outside the the pit (Where this is closer to the take off line than the mark made in the pit).

# DID YOU KNOW...

...2 time Commonwealth medallist long jumper, Brooke Buschkuehl, holds the Australian record with a jump of 7.13m and was a member of both Nunawading and Knox Little Athletics Centres.



These guides are intended as a template for the conduct of events only, noting that individual Centres will have varying operating procedures based largely on available resources, including personnel and equipment.

For a full copy of Little Athletics Victoria's Rules and Regulations, including the more expansive Centre Officiating Guide, please visit [www.lavic.com.au](http://www.lavic.com.au)

With thanks to Athletics New Zealand and Athletics West for the sharing resources and graphics in the creation of this guide.