



# Triple Jump

## Specifications & Measuring

Only **U11 - U17** athletes can do the triple jump.

There are 4 standard take-off areas: 5 m, 7m, 9m & 11m from the edge of the pit.

**U11-U12** - take-off from a sandy mat that is placed at any of the four distances above.

**U13-U17** - take-off from a white board (white painted mark on the tartan track) at any of the four above distances.

### Run Up:

- An athlete can start from anywhere on the runway but try to make sure their run-up is not too long.
- A good guide is that the length of an athlete's run-up should be their age in strides, + or - 2 strides. e.g. An U13 athlete may take anywhere between 11 to 15 strides.

### How to jump:

Once the athlete's foot hits the take-off area, they need to hop off one leg, then step on the other foot, then jump into the pit, landing on both feet. (Hop - Skip - Jump).

### Measuring:

Whether the athlete takes off on or before the take off board/mat, measurement is from the front of the take-off area to the closest landing mark in the pit. The measurement must be taken perpendicular to the take-off line or its extension.

