

STANDING LONG JUMP

COMPETITION DIVISIONS: Standing Long Jump is an individual age category competition which is divided into both men and women divisions.

TOURNAMENT: Each competitor will be allowed three jumps. Competition is based on distance.

EQUIPMENT:

1. Only ¼ inch spikes or non-studed running shoes may be worn by participants.
2. The jumping pits will be filled with sand.

FORMAT:

1. Jumpers may begin their jump from a stationary stance with both feet on the ground behind the scratch line.
2. The order of jumping will be drawn prior to the event.
3. Each participant will take one jump at a time in the order of jumping.
4. The order of jumping will be followed until each participant has taken three jumps.

SCORING:

1. Each legal jump will be measured from the point on the ground touched by the person or apparel of the jumper which is nearest to the scratch line. All legal jumps will be measured from this defined landing point back to the scratch line.
2. If the jumper's shoe extends over the scratch line, the jump will not be measured. It shall count as a jump.
3. In the event of a tie, the higher place shall be awarded to
4. competitor whose second- best jump is better than the second- best jump of any other competitor ties for that place.
5. Competitors with the longest jump distance in each age category below will receive the gold, silver and bronze medals.

50-54	65-69	80-84	95+
55-59	70-74	85-89	
60-64	75-79	90-94	

