

ATHLETICS PART 3

The ancient Games began with running, but it wasn't long before jumping was the next athletic pinnacle

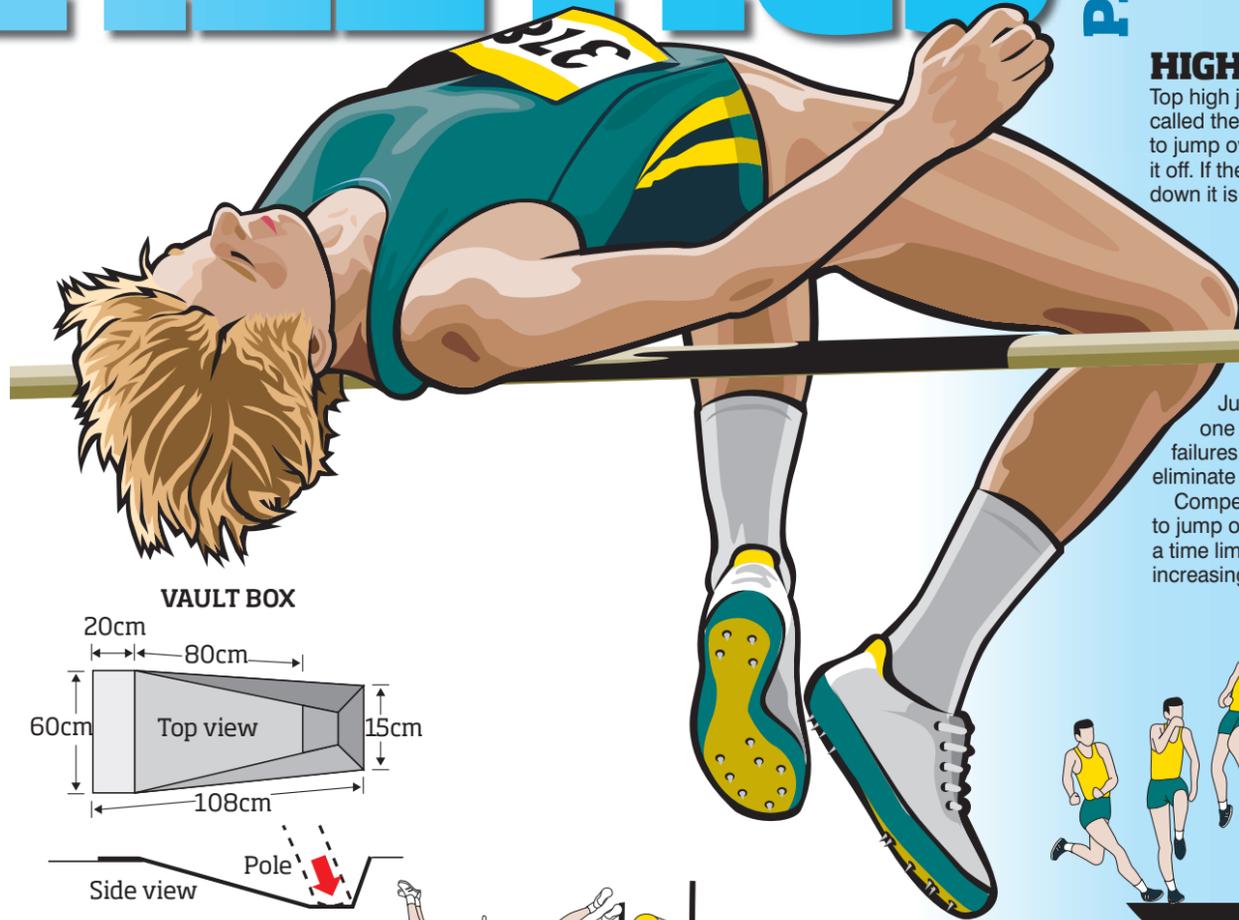
Once they had mastered running, it wasn't long before athletes were looking to other events to find who could jump higher and leap longer. Men have been competing in the four jumping events – long jump, triple jump, high jump and pole vault – since the modern Olympic Games were first held in 1896. Women's events were progressively added in 1928 (high jump), 1948 (long jump), 1996 (triple jump) and 2000 (pole vault).

AT THE GAMES

Jumping events will be held at London's Olympic Stadium, with men and women competing in each of the four disciplines.

THE COMPETITION

Athletes start with a qualifying round and get three attempts to achieve a qualifying distance or height. If fewer than 12 reach qualifying standard, the top 12 go through to the final.

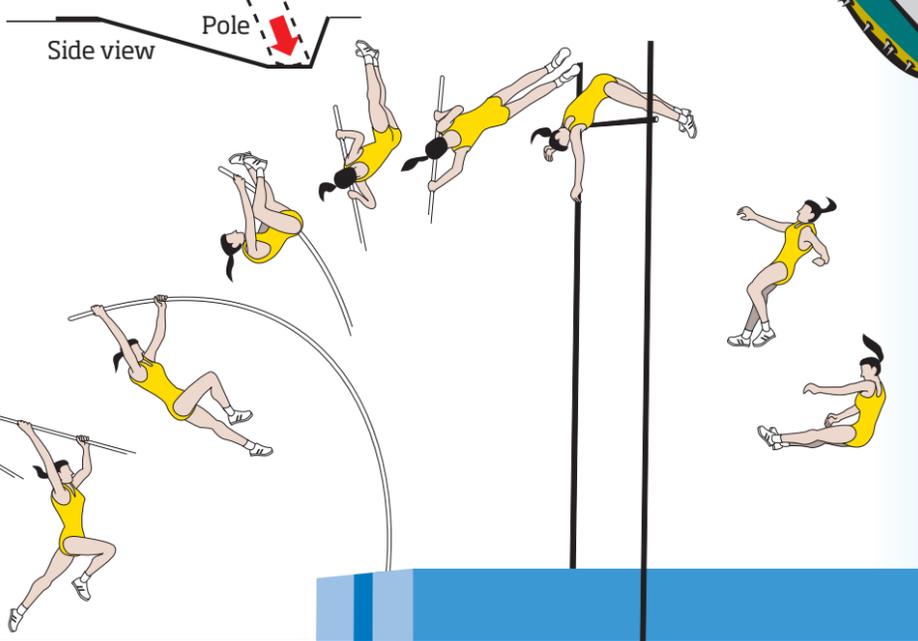
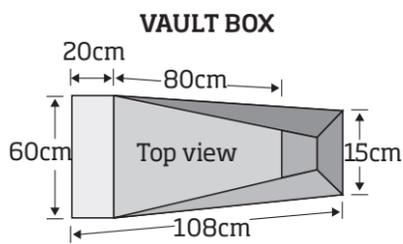


HIGH JUMP

Top high jumpers use a technique called the "Fosbury Flop" as they try to jump over a bar without knocking it off. If the athlete knocks the bar down it is a failure at that height.

Jumpers must take off from one foot. Three successive failures, even at different heights, eliminate the jumper.

Competitors choose at what height to jump or they can pass. There is a time limit of 1min 30sec per jump, increasing to 3min for the final three.



POLE VAULT

Pole vaulters use long, flexible fibreglass poles to propel themselves over a bar about three times their height.

After sprinting along a runway the athlete jams the end of the pole into a rigid 1m-long box beneath the bar and uses leverage and propulsion to push up and over the bar. Vaulters may touch the crossbar as long as they do not dislodge it.

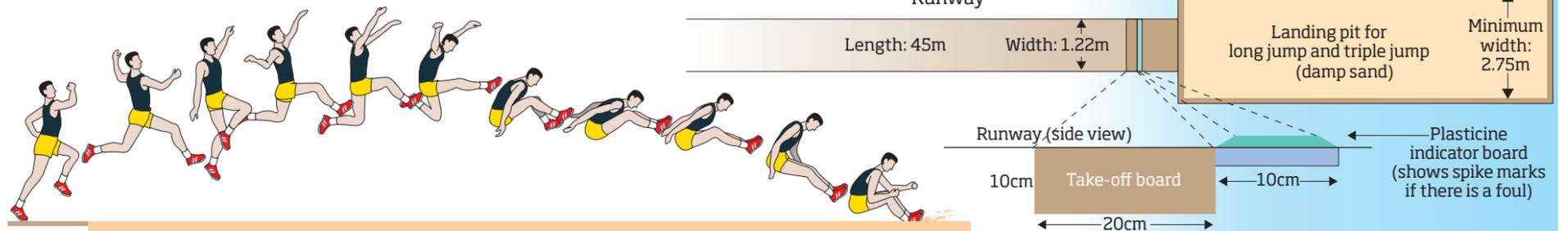
Competitors choose at what height to jump or pass. If they fail three consecutive jumps, at any height or combination of heights, they are eliminated. They have 2min to make their vault, increasing to 4min when the field is narrowed to the final three.

TIES

In high jump and pole vault, ties are decided by the athlete with the fewest failures at the last height cleared. If still tied, the competitor with the least total misses wins. A jump-off may be held to decide first place.

LONG JUMP

Athletes sprint along a runway, aiming for top speed during their 20-23 stride approach, and jump as far as possible into the landing area. The foot should land flat on the 20cm take-off board and crossing the take-off line is considered a foul jump. There is a time limit of 1min 30sec per jump.

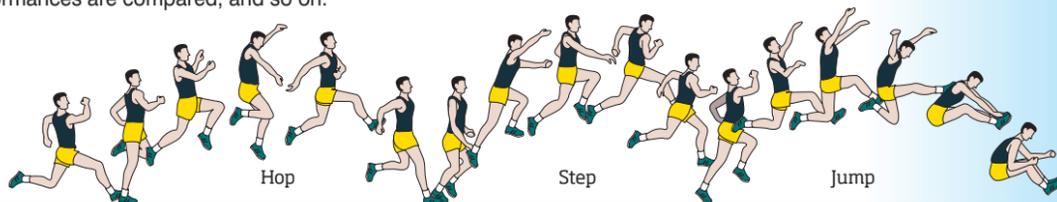


TRIPLE JUMP

Triple jump was once known as hop, step and jump and that accurately describes what happens in this event. Athletes sprint along a runway and propel into a hop from the take-off board, landing on the same foot used for take-off. They then take a bounding step to the other foot before finally jumping into the landing area. Other rules are the same as those for long jump.

TIES

In long jump and triple jump, athletes are separated by comparing the second-best performances of those involved. If that does not resolve the issue, the third best performances are compared, and so on.



FACT FILE

Of the four jumping events, long jump is the only one in which Australia has not won an Olympic gold medal. Anthony Winter won the triple jump (1924), John Winter the high jump (1948) and Steve Hooker the pole vault (2008).