

Check List Long & Triple Jump

Read over Long and Triple jump, and general field event guidelines.

Contestant meeting---After contestants have checked in, call them up before each flight and go over the following: 1-6

1. **Uniform rule**- check uniforms (See general guidelines for uniform rule)
If a contestant is wearing an illegal uniform make them remove it (without delaying the meet) and allow them to jump. Record the time of the violation and report it to your referee the first time is a warning the second offence will result in an event disqualification.
2. **Jewelry** - is allowed this year
3. **Electric devices** - No electronic devices: cell phones, video, audio, I pods, CD, radio etc. in the competition area. **Use of these devices will result an event disqualification**
4. **Jumping order** - Read off jumping order and how you will call them up (Jones up Smith on deck Lopez in the hole)
5. **Spike length** - 1/8 inch
6. **A contestant's runway marks (tape, tennis ball etc.) Marks must be outside the runway lines.**

Make sure you:

Same warm up time for all flights.

Excused for another event If a contestant needs to go to another event they may take 1, 2, or all 3 of their jumps before they leave. You may change the jumping order or flight to achieve this. If this is not possible you will have to wait for them to return.

Measure and record every legal trial. Nearest lesser ¼ inch.

Place 0 end of tape in the pit and pull tape to the jump board Keep tap at a right angle to the board.

Make sure they are marking from the first mark made in the pit nearest to the foul line not where the jumpers foot landed.

Make sure whoever is measuring in the pit keeps the rod straight up and down not leaning forward or back.

Make sure rakers are keeping the pit as level with the take off board as possible. No valleys or hills.

Different boards- Mark on score sheet which board they are using. Move cones to the correct board for each jumper.

****Do not rewrite names on event cards. Use spaces provided for prelims and finals!!**

*****When you finish Prelims call your referee to verify you finalists**

Fill out the 9 finalist sheet and send to announcer before finals start.

Finals are in reverse order best thrower last.

*******Record wind measurement for each Jump**

****** Any problems or questions call for your referee**