

LONG JUMP

A few reminders before we begin competition:

Make certain that you are legal as pertains to the uniform rule--- school issued uniform, any undergarments of a single, solid color with a single manufacturer's logo.

No electronic devices in the area of competition. You may view video or pictures of yourself or other competitors during the competition, but only outside the area of competition and not during a trial.

Once called, you will have one minute to initiate your trial. If you wish to pass a trial, you must let me know before being called for that trial. Let me know if you need to be excused to compete in another event.

Markers may not be placed on the runway or in the landing pit. You may place one or two markers along the side of the runway.

Please make certain that I know which take-off board you will be using.

The athlete will Not check out until the third call, must check out with the event official, that time indicated on the event sheet. The athlete must return within 5 minutes of the finish of the last heat of their event and two minutes after completing their attempt in another field event.

Are there any questions?

GOOD LUCK TO EACH OF YOU AND ENJOY THE COMPETITION.

Number of athletes competing at the start of the round	Individual Events			Combined Events		
	HJ	PV	Other FE	HJ	PV	Other FE
More than 3	1	1	1	1	1.5	1
2 or 3 remaining	3	3	1	3	4	1
1 remaining	5	5	1	5	6	1
Consecutive trials	2	3	2	2	3	2