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## Is long jump measured in meters

The long jump combines speed, strength, and confidentiality in an attempt to jump as far as possible from the point of departure. The event has been an Olympic medal event since the first modern Olympics in 1896 and has a history in the ancient Olympics. At the elite level, competitors descended on the runway (usually coated with the same rubber surface as the running track, rubber collapsed also vulcanized wood) and jumped as far as they could from stolen wooden boards with runways into holes filled with delicate soil or sand gravel. If a competitor starts a jump with any part of the leg past the foul line, the jump is declared foul and no distance is recorded. The plastic layer is placed shortly after the board so that any notyons reveal foul jumps. Competitors are allowed to put two scores along the runway to help them jump accurately. Competitors can start a jump from any point behind a foul line; However, the measured distance will always be from the foul line to the nearest break in the sand caused by any part of the body or uniform. Therefore, it is in the best interests of competitors to get close to the foul line as possible. Long gone are the days of using tape to measure jumps; now electronic equipment measures the distance. Each competitor has a prescribed number of trials. In major tournaments this usually consists of 3 qualifying jumps. All those who jumped beyond the qualifying mark progress to the finals. If this is less than 12 competitors, then ahead of 12 go ahead even if they haven't reached the qualifying mark. In the final round, all competitors jumped three times, with the first 8 qualifying for another 3 jumps, but in their position order after the first three jumps (i.e. the 8th placed jump athlete first, the jump of the last leader). Now the final jump is often in the athlete's order after the 5th jump. All legal signs will be recorded but only the fastest legal jump count towards the results. Competitors with the fastest legal jump at the end of the competition are declared winners. In the event of an accurate bond, then comparing the best jumps the bonded competitors will be used to determine the place. Olympic Man 2012: Greg Rutherford (GBR) Olympic record: 8.90m - Bob Beamon (USA - 1966) British Gold Medalists: Lynn Davies (1964); Greg Rutherford (2012) World Record: 8.95m - Mike Powell (USA - 1991) British record: 8.51m - Greg Rutherford (2014) Women's 2012 Olympic Champions: Brittney Reese (2014) United States) Olympic Record: 7.40m - Jackie Joyner-Kersey (USA)88) British Gold Medalists: Mary Rand (1964) World Record: 7.52m - Galina Chistyakova (USSR - British record: 7.07m - Shara Proctor (2015) Page 2 High jump requires competitors to jump over horge bars placed at measured heights It has contested since the Olympics Greece. Over the centuries since, competitors have introduced increasingly effective techniques to arrive at its current form. The Fosbury Flop, named after Dick Fosbury, where athletes jumped backwards, head first and faced upwards, gradually replacing the straddle jump. This technique is now used by most high jumpers. The high jump approach may actually be more important than taking off. If a high jump runs with a bad time or without enough aggression, cleaning the high bar becomes more of a challenge. This approach requires a specific shape or curve, the right amount of speed, and the right number of progress. The approach angle is also critical for optimal height. Greater run speed allows for a bigger share of the body's forward momentum to be converted upwards. Each athlete can choose what height they want to enter the competition. Once they come in, they have three attempts to clear the height. If the height is cleaned, the jumpers advance to the next height, where they will have three more attempts. Once the jumpers have three consecutive misses, they are outside the competition and the highest height they cleared is the result. Once athletes enter the competition, they can choose to surpass the heights. If an athlete reaches their first try at height, they can pass to the next height, but they will only have two attempts at that height, as they will come out when they reach three misses in a row. Similarly, after getting two misses at height, they can pass to the next height where they will only have one attempt. In competition the winner is the one who clears the highest altitude. In the case of bonding, fewer attempts failed at that height were better: that is, the jumper who made the height at his first attempt was the place in front of someone who cleared the same height on the second or third attempts. If there is still a tie here, all of the failed attempts at lower altitudes are added, which with the least declared number of misses of the winner. If still tied the playoff is held. Starting height is the next height after the last height is successfully cleaned. If all competitors clear the height, the bar is raised 2 cm (1 in), if they fail the bar down 2 cm (1 in). That continued until only one competitor managed to jump that height, and declared the winner. Men's 2016 Olympic Champion: Derek Drouin (CAN) Olympic record: 2.39m - Charles Austin (USA - 1996) World Record: 2.45m - Javier (CUB - 1993) British record: 2.37m - Steve Smith (1992/3); Robbie Grabarz (2012) 2016 Olympic Champion: Ruth Beitia (ESP) Olympic Record: 2.06m - Yelena Slesarenko (RUS - 2004) World Record: 2.09m - Stefka Kostadinova (BUL - 1987) British record: 1.98m - Katarina Johnson-Thompson (2016) Page 3 Trip jump (sometimes referred to as hop, step and jump or hop, skip skip The jump) is similar to a long jump, but involves a hop routine, bound and jumping, where the competitor walks down the track and does a hop, bound and then jumps into the sand hole. The triple jump had its origins in the Ancient Olympics and has been a modern Olympic event since the establishment of the Olympics in 1896, although women's events were only introduced at the 1996 Atlanta Games. Athletes shrink the runway to the departure mark, from which the triple jump is measured. Departure signs are usually a physical piece of wood or similar substance embedded on the track. In modern tournaments plastic stripes are attached to the board to record overstepping athletes or scratch a sign, defined by the trailing edge of the board, for countless foul jumps. There are three phases of triple jump: hop phase, bound phase or skip, and jump phase. These three phases are carried out in a continuous order. Hop starts with the athlete jumping off the mark on one leg, and finishing landing heels first on the track with the same leg, a type of cycling movement. The objective is to jump out, devote all the momentum forward. In the sky, athletes immediately jump with the departure legs and land on the track with the opposite legs, covering the runway as much as possible. Skip followed by a jump, where athletes jump from the same leg instead of departure to land in sand-filled holes. The jump phase is very similar to long jumps. In the long jump process, an athlete must hit the mark with the departure leg carrying the opposite leg bend and straight up; both legs must come in front of athletes when landing in a sand-filled hole. Each triple jump phase should be progressively higher. However, if athletes take footy in front of the board, then the athletes are foul. Fouls, also known as scratches, or miss jumpers, occur when the jumper oversteps the departure mark, misses the hole completely, does not use the correct sequence of legs throughout the phase, or does not perform attempts in the allocated amount of time (usually about a minute). 2012 Olympic Men: Christian Taylor's Olympic Record (USA) : 18.09 - Kenny Harrison (USA - 1996) British Gold Medalists: Tim Ahearne (1908); Jonathan Edwards (2000) World Record: 18.29m - Jonathan Edwards (GBR - 1995) British Record: 18.29m - Jonathan EdWards (1995) Women's 2012 Olympic Champions: Olga Rypakova (KAZ) Olympic Record: 15.39m - Francoise Mbango Etone (CMR) - 2008) World Record: 15.50m - Inessa Kravets (UKR - 1995) British record: 15.15m - Ashia Hansen (1 1997) Page 1997 Vaulting pole is a field event in which someone uses a long and flexible pillar (which today is usually made one of the optical fibers or carbon fiber) as a help Jump over the bar. The pole jumping match is known to ancient Greeks, too Celts and Celts. It has been a full medal event at the Olympics since 1896 for men and 2000 for women. Each athlete can choose what height they want to enter the competition. Once they come in, they have three attempts to clear the height. If the height is cleaned, the vaulter advances to the next height, where they will have three more attempts. Once the vault has three consecutive misses, they are outside the competition and the highest height they cleared is the result. Once the vault enters the competition, they can choose to pass the height. If the vaulter reaches a miss on their first attempt at height, they can pass to the next height, but they will only have two attempts at that height, as they will come out when they reach three misses in a row. Similarly, after getting two misses at height, they can pass to the next height where they will only have one attempt. The competitors who clear the highest elevation are the winners. If two or more vaulters have finished at the same height, the tie is broken by the number of laggings at the final height. If the binding vaulter has the same number of missed at the last height cleared, the tie is broken by the total misses in the competition. If there is still a bond for the first place, a jump-off happens to break the tie. The scores achieved in this type of jump-off are considered legitimate and calculated for any purpose achieved in the normal competition. The jump-off is a sudden death contest where vaulters are bound trying the same height, starting with the height of the last attempt. If both vacancy rooms miss out, the bar goes down with a small hike, and if both are clear, the bar goes up with a small hike. The jump-off ends when one vaulter cleans up and the other misses. Each vaulter gets one attempt at each height until one makes and one misses. The equipment and regulation for vaulting pillars are similar to high jumps. Unlike high jumps, however, athletes in the airy room have the ability to choose a distance between metal holes for planted pillars and bar planes. If the pole used by the athlete ignores the bar from the upstate, a foul attempt is ruled out, even if the athlete himself has cleared the height. Exception to this rule if the cavalry vaulter is outside and has made a clear effort to throw the pole back, but the wind has blown the pole into the bar; this is considered a relief. This call is made at the discretion of the pillar vay officer. If the pillar breaks during room execution to save, considered a failure of equipment and ruled not to jump, do not make or miss. Other types of equipment failures include slipping standards or wind neglecting bars when no contact is made by the vaulter. Each athlete has a set amount of time to experiment. The amount of time varies according to the level of competition and numbers The room is spacious and comfortable. If the vaulter fails to start a trial in this time, the vaulter charged foul time and the experiment is lagging behind. Pillars vary in collateral and length, both of which are important factors to vaulter performance. It's not uncommon for an elite vaulter to bring as many as 10 pole to the competition. The effective properties of the pillars can be altered by curving pillars higher or lower in relation to the top of the pillars. The left and right hands are usually little more than the width of the shoulder apart. Olympic Man 2012: Olympic records Renaud Lavillenie (FRA) : 5.97m - Renaud Lavillenie (FRA - 2012) World Record: 6.16m - Renaud Lavillenie (FRA - 2014; indoors) British Record: 5.82m - Steven Lewis (2012) Olympic Champions 2012: Olympic record jennifer Suhr (USA) : 5.05m - Yelena Isinbayeva (RUS - 2008) World Record: 5.06m - Yelena Isinbayeva (RUS - 2008) World Record: 5.06m - Yelena Isinbayeva (RUS - 2009) British record: 4.80m - Holly Bleasdale (2017) Page 5 Shot placed involving putting (throwing in motion pushing) heavy metal balls—shots—as far as possible. Competitors took their throws from within a marked circle, with a stopboard on the front of the circle. The thrown distance is measured from the inside of the circle circumference to the nearest sign made on the ground by a fallen shot, with distances rounded to the nearest centimetre. Athletes must rest shots close to their necks, and keep them tightly there throughout, until a shot is released one hand above the height of their shoulders. Although athletes can touch the surface in the stopboard, it is foul if they touch the top or outside, or the ground outside the circle. Shots must land in a marked sector to be a legitimate throw, and then athletes must get out of the circle throwing from behind. In major tournaments there are usually qualifying competitions involving all participants. Competitors have three attempts to surpass the qualifying distance, set by the organizers. All athletes achieved qualifying score progress to the final. If there are less than twelve qualifications automatically, the top twelve will advance to the finals regardless of whether they have reached the qualifying score. Twelve finalists have three putts taken anyway. The top eight are then given three more putts, putting in their position order after the third round (i.e. the eighth-place athlete put first, the leader puts it last). The order can also be changed for the last round based on putters position after Round 5. Furthest athletes put defining their final position. If athletes are tied, their second best position determines their position. Olympic Man 2012: Olympic record of Tomasz Majewski (POL) : 22.47m - Ulf Timmerman - 1988) World Record: 23.12m - Randy Barnes (USA - 1990) British record: 21.68m - Geoff Geoff (1980) Women's 2012 Olympic Champion: Valerie Adams (NZL) Olympic Record: 22.41m - Iлона Slupianek (GDR - 1980) World Record: 22.63m - Natalya Lisovskaya (USSR - 1987) British record: 19.36m - Judy Oakes (1988) Page 6 Disc throwing disk involves discarding heavy disk athletes—called discs—to reach long distances. It is an ancient sport, as evidenced by the 5th-century BC Myron statue, Discobolus. The men's competition has been part of the modern Summer Olympics since the first Olympiad in 1896. Women's competitions were added to the Olympic program at the Olympics in 1928. Men throw 2kg discs, and the woman's slightly smaller disc weighs 1kg. Ordinary discuse has sides made of plastic, wood, fiber glass, carbon fiber or metal with metal rims and metal cores to gain weight. The rim must be smooth, without rotation or finger hold. To make the throw, competitors started in a 2.5m circle slaughtered in concrete pads. Beginners usually take an early stance faced from the direction of the throw. They then rotate anti-clock (for right hand) around one and a half times through the circle to build momentum, then release the throw. The disc must land in a marked sector. Cages are used to help stop pervers throwing landings outside the sector. In major tournaments there are usually qualifying competitions involving all participants. Competitors have three attempts to surpass the qualifying distance, set by the organizers. All athletes achieved qualifying score progress to the final. If there are less than twelve qualifications automatically, the top twelve will advance to the finals regardless of whether they have reached the qualifying score. Twelve finalists had three throws taken anyway. The top eight were then given three more throws, throwing in their position order after the third round (i.e. the eighth-placed athlete threw first, the leader threw last). The removal command can also be changed for the last round based on the creditor's position after Round 5. The distance from the front edge of the circle to which the disk has landed is measured, and the distance is rounded to the nearest centimeter. Furthest athletes' throws determined their last position. If athletes are tied, their second-best throw determines their position. Olympic Man 2012: Robert Harting Olympic Record (GER) : 69.89m - Virgilijus Alekna (LTU - 2004) World Record: 74.08m - Jürgen Schult (GDR - 1986) British record: 68.24m - Lawrence Okoye (2012) 2012 Olympic Champion: Sandra Olympic record perko: 72.30m - Martina Hellmann (GDR - 1988) World Record: 76.80m - Gabriele Reinsch (GDR - 1988) British Record: 67.48m - Meg Ritchie (1981) Page 7 The stplechase is athletics from steeplechase in horse racing. Riding, race is usually 3000m; juniors and some undergraduate events are 2000m, as women's events were formerly. The circuit has four common obstacles and one water jump. Over 3000m, each runner must clear a total of 28 common obstacles and seven water jumps. This involved seven complete rounds after starting with a small portion of the run round without a hitch. The water jump is located behind the turn, either in the inner lane or outside the outer lane. If it is outside, then each of the seven rounds is longer than the standard 400m, and the starting point is at home straight. If the water jumps on the inside, each round is shorter than 400m, the starting point is behind the straight, and the water jump is connected at the beginning. According to the IAAF rules, the height of the barrier is 914mm (36 in) for men and 762mm (30 in) for women. Unlike those used in obstacles, steeplechase barriers do not fall over if hit; some runners actually step on them. Four obstacles in space around the tracks on ground level, and the fifth obstacle at the top of the second turn (the fourth hurdle in the complete round of the finish line) is a water jump, consisting of a barrier followed by a watering hole that is 3.66m (12 yards) long and slopes upwards from 700mm (27.6 in) deep in the barrier ending even with the Slope surface rewarding the runner with a more jumping capacity, because longer jumps result in shallow landings in the water. This event originated in the British Isles. Runners race from the one-city steeple to the next. Steeples are used as markers because of their visibility in the long distance. Along the way runners inevitably had to jump streams and low-rock walls separated the estate. The modern athletic event comes from a two-mile cross-country steeplechase that forms part of the University of Oxford sports (where many modern athletic events were established) in 1860. It was replaced in 1865 by an event over barriers on the flat field, which became a modern steeplechase. It has been an Olympic event since the establishment of the modern Olympics, albeit with varying lengths. It has been conducted more than 3000m since 1920. Since the 1968 Summer Olympics steeplechase in the Olympics has been dominated by Kenyan athletes, including a clean medal swee at the 2004 Olympics. Steeplechase for women (over 3,000 metres, but with a lower barrier than men) made his first major championship debut at the 2005 World Championships in Helsinki. In 2008, the 3,000-metre women's steeplechase appeared for the first time on the Olympic track in Beijing. Olympic Man 2016: Olympic Record Concessionius Kipruto (KEN) : 8:03.28 - Kipruto (KEN - 2016) Medalists Emas British: Percy Hodge (1920); Chris Brasher (1958) Rekod Dunia: 7:53.63 - Saif Saaeed Shaheen (QAT - 2004) Rekod British: 8:07.96 - Mark Rowland (1988) Wanita 2016 2016 Champion: Ruth Jebet (BRN) Olympic Record: 8:58.81 - Gulnara Galkina-Samitova (RUS - 2008) World Record: 8:58.81 - Gulnara Galkina-Samitova (RUS - 2008) British record: 9:24.24 - Barbara Parker (2012) Page 8 the 100 metres is the shortest sprint distance usually carried out outside the house. It is one of the most popular and prestigious events in athletics. It has been contested at the Summer Olympics since 1896 (1928 for women). Rule... 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