

Running Long Jump (southeast side of track, inside fence)

1. Each participant gets two jumps. Allow each participant to finish both jumps before continuing to the next participant.
2. Record both attempts
3. A scratch occurs if the any part of the participant's foot crosses the front edge of the white mark prior to leaving the ground. This means the participant may step on the white mark (painted or tape). A scratch is recorded as "scratch" and counts as 1 attempt.
4. Run-throughs will be recorded as scratches.
5. 2-foot jumps will be recorded as a scratch.
6. Measure the distance from the pit side of the white mark and the nearest mark in the sand (foot, hand, or body). If the participant walks back in the sand towards the white mark, the footprint closest to the mark is recorded.
 - a. Hold the end of the tape mark in the sand and pull the tape tight and perpendicular to the white mark.
 - b. Measurements are made to the lesser 1/4" (A distance of 10 feet, 5 and 3/8" is recorded as 10' 5 1/4")

