

A VOLUNTEERS GUIDE TO THE LONG JUMP

Competitors sprint along a runway and jump as far as possible into a sandpit from a take-off board or mat. The distance travelled, from the edge of the board to the closest indentation in the sand to it, is then measured.

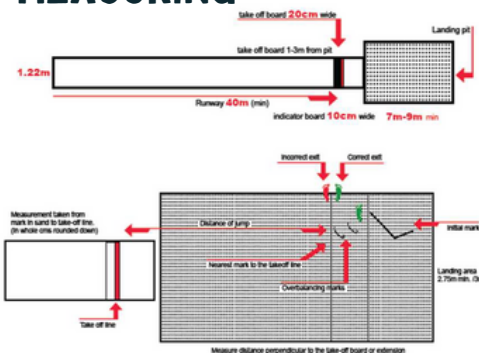
ORGANISING THE EVENT

- 1 Check surroundings and equipment are safe for all children and volunteers, and prep event site (Eg. Turn and water sand).
- 2 Write children's names on the recording sheet to record results.
- 3 Arrange children in order they are to jump. Tell the children the number of trials they are to have.
- 4 Give each child practice jumps before the event begins.
- 5 Prepare take off area.
 - Up to age 11 - Place rainbow meter mat so that the middle take-off colour is 1m back from the edge of the pit.
 - 12+ year olds - front edge of the white 2m take off board.
- 6 Ensure children are jumping off one foot.
- 7 When measuring the length of the jump, mark the landing point (Imprint in the sand that is closest to the takeoff area) with the spike. The zero end of the tape is held at the spike.
- 8 Pull the tape tight and measure the distance to the closest centimetre below the distance measured (Unless the measurement is a whole centimetre). Measurement is made to:
 - Up to age 11 - front of the colour on the rainbow mat that athletes toe touches.
 - 12yrs+ - front edge of 2m board.
- 9 When recording, please use:
X = Failure, NM = No measure, - = Pass

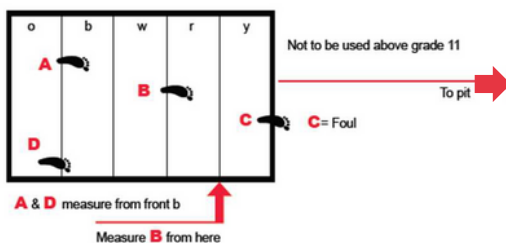
EQUIPMENT

- Tape measure x 2, measuring (20m) and run ups (50m).
- Rake/shovel for leveling sand.
- Broom for and clearing runway.
- Water for keeping sand damp.
- Spike to assist with measuring.
- Runway markers.
- Cones to assist as a visual aid and mark the take off position.
- Recording sheet.

MEASURING



Metre boards are to be used by athletes up to and including Grade 11. Standard Take off Boards are used from Grade 12 up.



RECORDING

When recording, please use:

X = Failure, NM = No measure, - = Pass

Athlete	1st Trial	2nd Trial	3rd Trial	Best	Place
A	4.75	X	4.62	4.75	4
B	5.35	4.92	5.87	5.87	2
C	4.65	4.35	4.75	4.75	3
D	5.87	5.35	5.03	5.87	1
E	X	X	X	NM	NM

SAFETY

- 1 Inspect runway for slipperiness. Sweep loose sand from runway, especially at takeoff area.
- 2 Ensure sufficient sand in in the pit to cushion landings.
- 3 Dig over landing pit and remove any foreign objects. Ensure sand is level with run up.
- 4 When laid on the ground, rake spikes should point toward the ground.
- 5 A minimum of two volunteers run this event.

FAILURES

- Foot in front of line at takeoff.
- Walk back through the pit after the jump.
- Somersaults into the pit.
- Landing on, or touching the ground outside the the pit (Where this is closer to the take off line than the mark made in the pit).

HOW TO ADAPT LONG JUMP

- Athletes with a visual impairment may require a guide to stand in front of them to clap and say 'jump'.
- A larger take off area (1m x1m of chalk or sand) can be used instead of the take off board.
- The rainbow mat (so long as it isn't a trip hazard) can be placed right up to the edge of the pit.





Generic Recorder Sheet

Discus / Hammer / Javelin / Shot Put / Long Jump / Triple Jump
M / W

Event:

Place:

Date:

Start Time:

End Time:

	Name	Grade	Weight / Board	1	Round 2	3	Best	Pos.	4	Round 5	6	Best	Place
1													
2													
3													
4													
5													
6													
7													
8													
9													
10													
11													
12													

DNS Did Not Start 0.00 Valid X Failed - Passed r Retied from Competition NM No Valid Trial Recorded

Recorder Judge Name:

Recorder Judge Signature:

Chief Judge Name:

Chief Judge Signature:

Referee Name:

Referee Signature:

Long Jump — Volunteers required

Aim for 4-6 volunteers per pit; the event can run safely with 3 if roles are combined. These numbers are recommended practice for children's meetings, not a fixed Athletics NZ rule.

Role	Ideal team (6)	Minimum team (3)
Chief Judge (board)	1	1 – also reads the tape
Board Assistant	1	Combined with Chief Judge
Pit Official (spiker)	1	1 – also rakes
Raker	1	Combined with Pit Official
Recorder	1	1 – also marshals athletes
Athlete Marshal	1	Combined with Recorder

At least one person in the team should have done an Athletics NZ jumps officials course or have several seasons' experience. Pair new parent helpers with them, and rotate roles through the day so everyone learns the whole event.

Equipment checklist

Check these off at set-up; if anything is missing go to the Athletics Canterbury 'Red Shirt' official or meeting manager before the first jump.

- *Result sheets with athletes in jumping order*, clipboard, pencils, and a plastic sleeve for rain
- Flags or cards: white (valid jump) and red (no-jump), yellow (15 second warning)
- Metre board, ~~or standard board with plasticine/indicator if used~~
- Tape measure, 15 m (fibreglass or steel)
- Measuring spike or peg to hold the zero end in the sand
- Rake (kept tines-down, beside the pit, out of the landing area)
- Long-handled spade to dig over the sand
- ~~Watering can or hose to dampen the sand~~
- Hand brush or broom to clear the board and runway
- Cone to block the runway when the pit is not ready
- Markers for athletes' run-up checkmarks
- Sunscreen, water and shade for officials and waiting children

Role duties

Each role has one clear job during a jump; the Chief Judge leads the team and makes the calls.

Chief Judge

Leads the pit, decides whether each jump is valid, and is the link to the Athletics Canterbury 'Red Shirt' Official.

- Before the event: check the pit, runway and board are safe and set correctly for the grade; brief the team on roles; confirm the board position.
- Brief athletes: number of jumps, one-foot take-off, walk out the front or sides of the pit, and what counts as a no-jump. Keep it short and friendly.
- Watch the take-off on every jump and signal white (valid) or red (no-jump).
- After a no-jump, tell the child why in one sentence and how to fix it ("Your foot went past the board – start your run a step further back").
- Read the tape at the front edge of the board and call the distance clearly to the Recorder.
- Sign the result sheet and check placings before it goes to the recording table.
- Refer anything unclear, any query from a team manager, or any possible record to the Field Referee.

Board Assistant

Supports the Chief Judge at the take-off end.

- Pull the tape taut and square across the take-off line, *at right angles to the board*.
- Sweep or smooth the board between jumps so the next take-off is clear.
- Place the cone on the runway when the pit is not ready; remove it when the Pit Official signals all clear.
- Help children find their run-up and checkmark.

Pit Official (spiker)

Finds and holds the landing mark.

- Stand to the side of the pit, never in the landing area while a child is running in.
- Watch the landing and spot the nearest break in the sand to the board, including hands or bottom.
- Place the spike with the zero end of the tape at that mark and hold it still while the distance is read.
- Check the child walks out forward or to the side, not back through the pit.

Raker

Prepares the landing for the next child.

- Rake and level the sand after every jump so it is flush with the runway at the near end.
- Lay the rake flat with tines down, well clear of the pit, before signalling ready.
- Dig over and dampen the sand when it becomes compacted or dry.

Recorder

Keeps an accurate result sheet and keeps the event moving.

- Check which children are present and mark absentees.
- Call each child up, plus the next one to get ready ("Aroha jumping, Liam next").
- Check the bib number against the sheet before each jump.
- Repeat each distance aloud as it is written, so the Chief Judge can confirm it.
- Record a valid jump as its distance in metres, a no-jump as X, and a passed jump as –.

- Fill the best-jump column, rank the placings, note start and finish times, and get the Chief Judge's signature.
- Take the sheet to the recording table, or hand it to a runner.

Athlete Marshal

Looks after the children who are waiting.

- Keep the waiting group together, seated or standing behind a marked line, off the runway.
- Release a child who has a track event clash only with the Chief Judge's agreement, and record when they leave and return.
- Keep spikes on only for the jump (Grades 10–14) and make sure they come off before children leave the area.
- Encourage every jumper, not just the leaders.

Running the event

A division of eight children taking three jumps each runs in about 15–20 minutes when the team works in this order.

1. **Arrive 20 minutes early.** Collect the result sheet and equipment, then introduce yourself to the Athletics Canterbury 'Red Shirt' official supporting the event.
2. **Prepare the pit.** Dig over, remove foreign objects, dampen, and level the sand flush with the runway.
3. **Set the board.** Use a metre board for Grades 7–11, or the standard board 2 m from the pit for Grades 12–14. Keep it fixed for the competition.
4. **Check the runway.** Clear away stones, shoes, bags and drink bottles.
5. **Roll call.** Mark who is present and note any track-event clashes.
6. **Brief the children.** Cover the jump count, one-foot take-off, walking out the front of the pit, and the flags.
7. **Practice jumps.** Allow these as the meeting rules permit.
8. **Compete in rounds.** Each child takes jump 1, then everyone takes jump 2, then jump 3. Call "jumping" and "next" each time.
9. **Run each jump in a cycle.** The Chief Judge watches the board and gives a flag. The Pit Official spikes the mark, the board end pulls the tape, the Chief Judge reads it, and the Recorder repeats and writes it. The Raker then levels the pit and the cone comes off the runway.
10. **Finalise.** Complete the best-jump column and placings, and sign the sheet. Tell the children their best jump and thank them.
11. **Pack down or hand over.** Rake the pit, lay the rake flat, and hand the pit to the next team or return the gear.