

# LONG JUMP

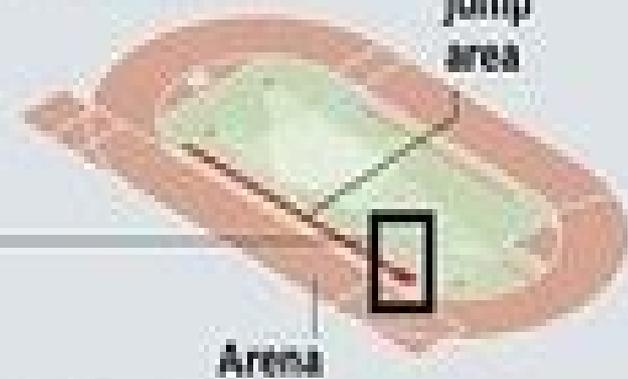
A male athlete executes a hitch-kick prior to landing in the sand pit during a long jumps attempt.

Runway 40m - 45m



Sand pit  
10m

## EVENT LOCATION

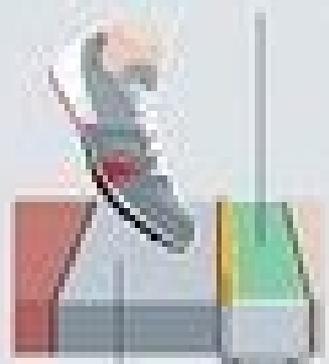


Long jump area

Arena

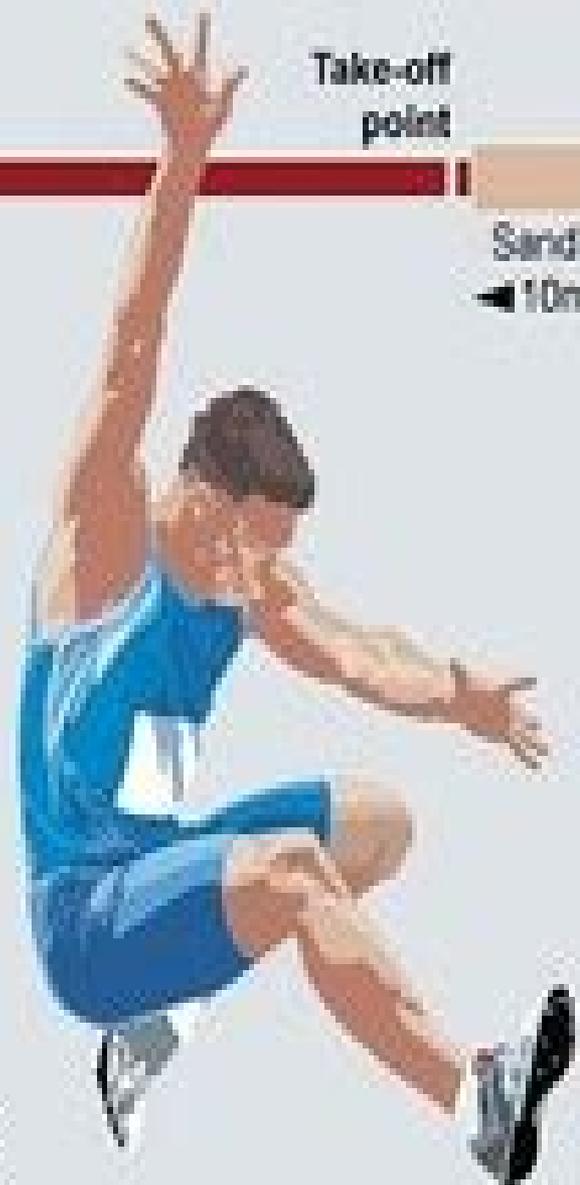
## TAKE-OFF

Plasticine indicator  
Jump invalid if marked



Take-off line

Take-off board  
Wood or aluminium, 20cm wide



## TECHNIQUE

Approach  
At max speed,  
20-23 strides

Landing  
Feet as far from hips  
as possible



Take-off  
Penultimate stride hips dip then rise forward and up, converting horizontal velocity to vertical force

# Long Jump Coaching Manual

**Camilla Rothe**



## **Long Jump Coaching Manual:**

## Enjoying the Track of Expression: An Mental Symphony within **Long Jump Coaching Manual**

In a global taken by monitors and the ceaseless chatter of immediate transmission, the melodic elegance and mental symphony created by the written word frequently diminish into the background, eclipsed by the constant sound and interruptions that permeate our lives. However, nestled within the pages of **Long Jump Coaching Manual** a charming literary value filled with fresh feelings, lies an immersive symphony waiting to be embraced. Crafted by an elegant musician of language, that captivating masterpiece conducts readers on a mental trip, skillfully unraveling the hidden tunes and profound influence resonating within each cautiously crafted phrase. Within the depths of this poignant review, we can examine the book is main harmonies, analyze their enthralling writing style, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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web i will also be adding recipes i developed using the bellini including my beef stew black bean dip chile pepper salsa butternut squash bisque and steamed asparagus conclusion the bellini kitchen master doesn t do anything that you can t do by yourself with traditional cooking methods but it does make many of those tasks easier

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