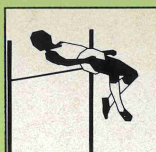


Track and Field



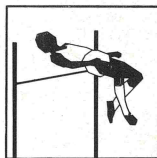
Olympic Long Jump



Track and Field



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One Memorable Moment

It is not considered one of the glamor events of track and field, and often is contested in virtual obscurity in a corner of the stadium while the more visible running events continue all about, but the long jump has provided the Olympics with one of those magic moments that remains one of the great athletic feats of all time. This was the incredible world record leap of 29 ft, 2 1/2 in, set by Bob Beamon of the United States in 1968. It was achieved on his first attempt, and still is almost two feet farther than anyone else ever has managed.

"It was the kind of jump I never could have expected, but an achievement I can be proud of forever," Beamon was to say later.

In contrast, at the first modern Olympics in 1896, when the event was known as the running broad jump, another American, Ellery Clark, emerged as the gold medalist with a mark of 20 ft, 9 3/4 in.

Size isn't necessarily a key factor in becoming a champion long jumper, but at least average sprinting speed and lightness of foot are required. The length of the run to the takeoff board is not stan-

dard, and is determined by the individual based on how long it takes him to reach maximum speed. The faster the speed, the greater the momentum, and the higher the jump upward, the longer the body will remain afloat. The first step should be taken with the takeoff foot, and the running speed is built up gradually as the competitor races down the runway. The jump starts as the kicking or free leg drives upward at the takeoff. At the top of the jump, this leg comes down while the trailing leg follows through in rhythm, knee first. The longer the heels can be kept off the ground, the longer the jump will be.

U.S. men have enjoyed a phenomenal superiority in the long jump, winning 17 of the 19 contests in Olympic history. Arnie Robinson followed through on this tradition in 1976, winning with a jump of 27 ft, 5.7 in, second longest distance behind Beamon's. In contrast, American women never have been a factor since the long jump was added to their program in 1948. The 1976 winner was Angela Voigt of East Germany with a jump of 22 ft, 6 in.