

Triple Jump Instructions

1. We will be using (NCAA) rules for this competition.
2. During your attempt you may not touch beyond foul line or it's extension.
3. Your jump fazes must be LEFT, LEFT, RIGHT or RIGHT, RIGHT, LEFT.
3. During your attempt, you must land within the pit.
4. After you land, you must exit out the pit beyond your mark. If you exit in front of your mark or nearer to the foul line, it will be a foul.
5. **60 SECONDS** to attempt a jump after called up
6. SHOES can not be used as markers along runway
7. You will have three attempts in the Prelims. There are () flights. () will advance to finals for three more attempts.
8. There will be () scoring places in this contest
9. We will be using flags rather than calling mark or foul. We can not signal until you exit the pit. White means good and red flag means foul.

WITH PRELIMINARY TIME LIMIT

10. There will be (Open Pit) jumping in the preliminaries which will conclude at (). Preliminary jumps must be completed by that time.
11. Your call up order will be: **UP, ON DECK, ON HOLD. THEN CALLED UP AGAIN. YOUR 60 SECONDS WILL START AT THAT TIME.** Please respond immediately to my calls.
12. Your competition order will be: (??) Good Luck.