

LIIT Athletics Jump Meet

Sanctioned by Athletics Nova Scotia

Date: Sunday, August 12, 2018

Location: Metropolitan Field, Lower Sackville, NS

Events: High Jump, Long Jump and Triple Jump

Registration: TrackieReg

Tentative Schedule (final schedule will be released after registration deadline)

12:30	Women's HJ
12:30	Men's LJ
2:00	Men's HJ
2:00	Women's LJ
3:30	Women's and men's TJ

As a value-added feature to this meet, horizontal jumpers will receive the following analysis:

- Maximum speed on the runway and at take-off
- The percentage of maximum speed taken into the take-off
- Correlation between runway speed and distance jumped
- Total distance from take-off to landing (i.e. adjusted for position relative to the fault line on the board)
- Phase distances and percentage of total distance in the triple jump
- There will be an opportunity to test their speed prior to the event (photocell timing)