



Standing Long Jump *Event Overview*

EQUIPMENT NEEDED



Designated Markers

(You can use cones, a chair, or any large, stationary object that will not move)



Measuring Tape

If you do not have measuring tape, take big steps.



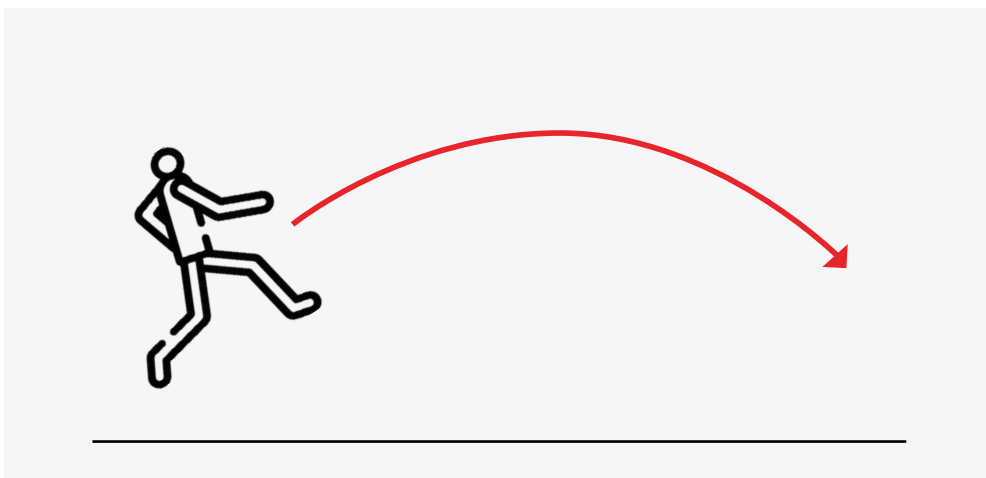
Your Feet!

1 Big Step = 1 Meter

RULES

- 1 Mark a line with cones
- 2 Athlete must jump with both feet (Both feet start behind the line)
- 3 Distance will be measured from the line to the closest distance touched
- 4 Record the distance on the score card

How far can you jump from a standing position?



Remember to take a picture or video of yourself competing in this event! Celebrate with other athletes online using the official hashtag:

#sowavirtualgames

