



# Athletics Datasheets

## Long Jump / Triple Jump Runway Installation Information

### Long Jump / Triple Jump Runway Installations

One Galvanised Foundation Trough (AT201) is required for every take-off position where you wish to use a Competition Take-off board.

For school installations see the important note below, but on a competition specification runway there would be four take-off positions, 1 for Long Jump and 3 for Triple Jump (13m Men's, 11m Womens, and 9m Youths).

### Required Foundation Equipment List:

With the above configuration you would require:

- 4 x Galvanised Foundation Trough (AT201)
- 1 x Galvanised Take-Off Board (AT202)
- 3 x Galvanised Blanking Boards (AT203)
- 1 x No Jump Indicator (AT204) - minimum one \*
- 1 x Plasticine Block (AT205) - minimum one \*
- 1 x Pair of Lifting Hooks (AT206)



\* If more than one No Jump Indicator and Plasticine is purchased it enables one set to be in use and the other prepared ready to change over in the event of a no-jump.

A pair of Lifting Hooks (AT206) enables the Take-Off Board to be lifted out of the Foundation Trough it is in and interchanged with a Blanking Board depending on which event/take-off position is required.

A PVC Pit Cover (Single Pit Cover AT301 or Double Pit Cover AT302) for the landing area is also advised when not in use to prevent loss of sand in windy conditions and to help prevent contamination.

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# Athletics Datasheets

## Long Jump / Triple Jump Runway Installation Information (Cont'd)

### Where should Long / Triple Jump take-off positions be located?

#### Long Jump Take-Off Positions

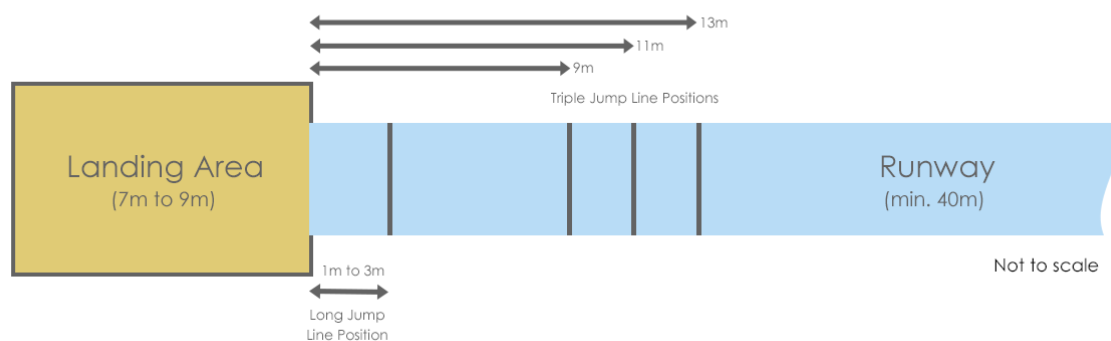
In competition it is stipulated the Long Jump take-off position should be 10m from the far end of the landing pit. So for a 9m long pit the take-off board should be installed 1m up the runway from the start of the pit. If the pit is 8m long, the take-off board installed 2m up the runway etc.

#### Triple Jump Take-Off Positions

Competition Triple Jump take-off positions should be located at 9m (Youth), 11m (Women's) and 13m (Men's). If required, an additional position located at 7m may be painted on the surface.

Each take-off board should be numbered accordingly.

### Competition Standard Long Jump / Triple Jump Line Positions



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### Long Jump / Triple Jump Runway Installation Information (Cont'd)

**FOR SCHOOLS - IMPORTANT - PLEASE NOTE:**

*If the runway is for school use, the regulation competition Triple Jump take-off positions in particular are likely to be unsuitable. Children may simply not reach the pit off 3m Long Jump and 13m or 11m Triple Jump positions. Consult with your PE staff and adjust the locations to suit the age and ability of the children using the runway. sportsequip might suggest for example 9m and 7m take off positions for the Triple Jump and even as short as 1m for the Long Jump. But be aware that there isn't a definitive set of 'non competition' positions to suit all. It's up to you.*

*In addition, if Triple Jump is considered to be a minor activity and no-jumps don't need to be recorded, the foundation trough/blanking board option detailed above could be substituted by simple take off strips painted straight onto and across the runway track surface.*

More detailed information on Competition Standards for Long Jump and Triple Jump Runways can be found in SAPCA's "[Code of Practice for the Construction and Maintenance of Athletics Tracks](#)", section 1.1.10.1. Please also see our other [athletics data sheets](#).

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## Athletics Datasheets

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### Long Jump / Triple Jump Runway Installation Information (Cont'd)

#### Foundation Equipment Guide

##### Galvanised Foundation Trough (AT201)

Fabricated galvanised steel trough designed to be built into the runway construction, 1.22m wide to fit inside the runway concrete edgings.

The trough should be installed over a compacted stone drainage layer and securely bedded and haunched in concrete level. One drainage tube is welded onto the base of the trough and this should be kept clear of concrete to allow water to drain away through the stone sub base.

The top of the trough has a 90° flange on the long sides. This should be set level and flush with the top of the base macadam or concrete finish (so below the top of the concrete perimeter edgings and synthetic surface level).

The trough is fitted with six hex head bolts. These should be left as supplied and aren't for adjustment.

##### Galvanised Take-Off Board (AT202)

This will fit into the Galvanised Foundation Trough (AT201) in any of the positions where a trough has been installed on the runway.

It comes supplied and fitted with a white painted timber Take-Off Board which will wear with use particularly if spiked footwear is used. It can be turned over to use the reverse side when worn. Replacement Timber Take-Off Boards (AT207) are available to order when worn out.

There is a space provided to locate the No Jump Indicator (AT204) next to the timber board but this is not included and needs to be ordered separately.

There are six Allen screws fitted into the top of the Galvanised Take-Off Board. These are used for adjustment from above when inserted in the Galvanised Foundation Trough (AT201) to ensure it doesn't rock and that the timber take-off board is flush with the adjacent synthetic track surface.

Two holes are provided in the board to enable it to be lifted out of the trough with Lifting Hooks (AT206).

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### Long Jump / Triple Jump Runway Installation Information (Cont'd)

#### Foundation Equipment Guide (Cont'd)

##### Galvanised Blanking Board (AT203)

These “blank off” the Galvanised Foundation Troughs not in use at any particular time and should have the synthetic surface applied to the top face to allow the athlete to run over them to the take-off position being used.

They are fitted with six adjuster bolts and lock nuts on the underside. These should be adjusted and locked in place to ensure they don't rock and the finished synthetic surface is level with the surface on the runway to avoid tripping edges.

Two holes should be cut in the synthetic surface corresponding to the holes in the blanking board to enable it to be lifted out of the trough with Lifting Hooks (AT206).

##### No Jump Indicator (AT204)

Slots into the Galvanised Take Off Board (AT202). When the leading edge has Plasticine (AT205) applied it will indicate no-jumps when the athletes shoe leaves a mark.

##### Plasticine (AT205)

Supplied in blocks. It needs to be rolled out thinly and laid onto the No Jump Indicator (AT204) to record no-jumps.

##### Lifting Hooks (AT206)

A pair of hooks to assist in the removal and placement of take-off and blanking boards.

***Please note:*** This information is only suitable for rubber surfaced athletics runways, not shale or carpet surfaced runways. For shale surfaced runways use either **[Schools Softwood Take-off Board \(AT208\)](#)** or **[Schools Hardwood Take-off Board \(AT209\)](#)**.

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