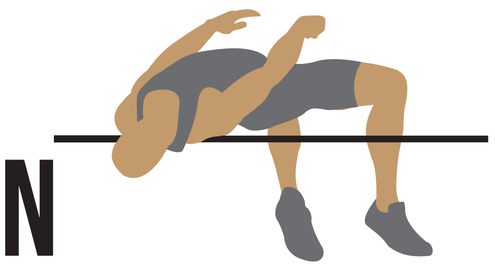
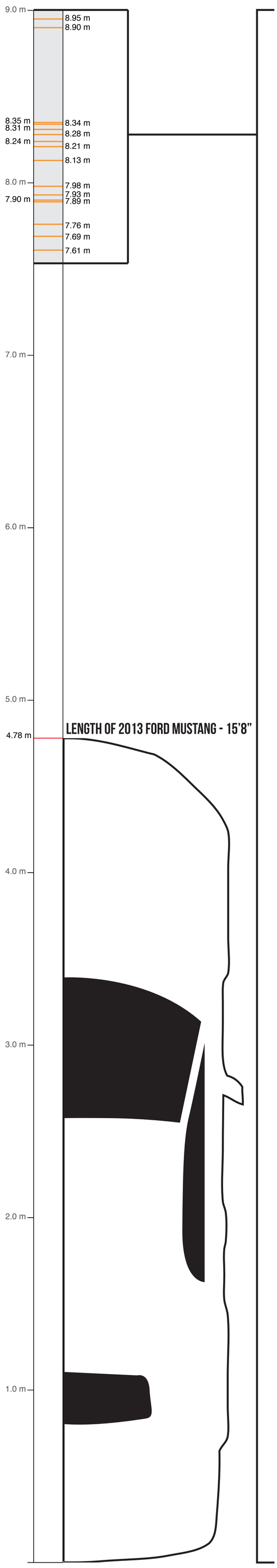
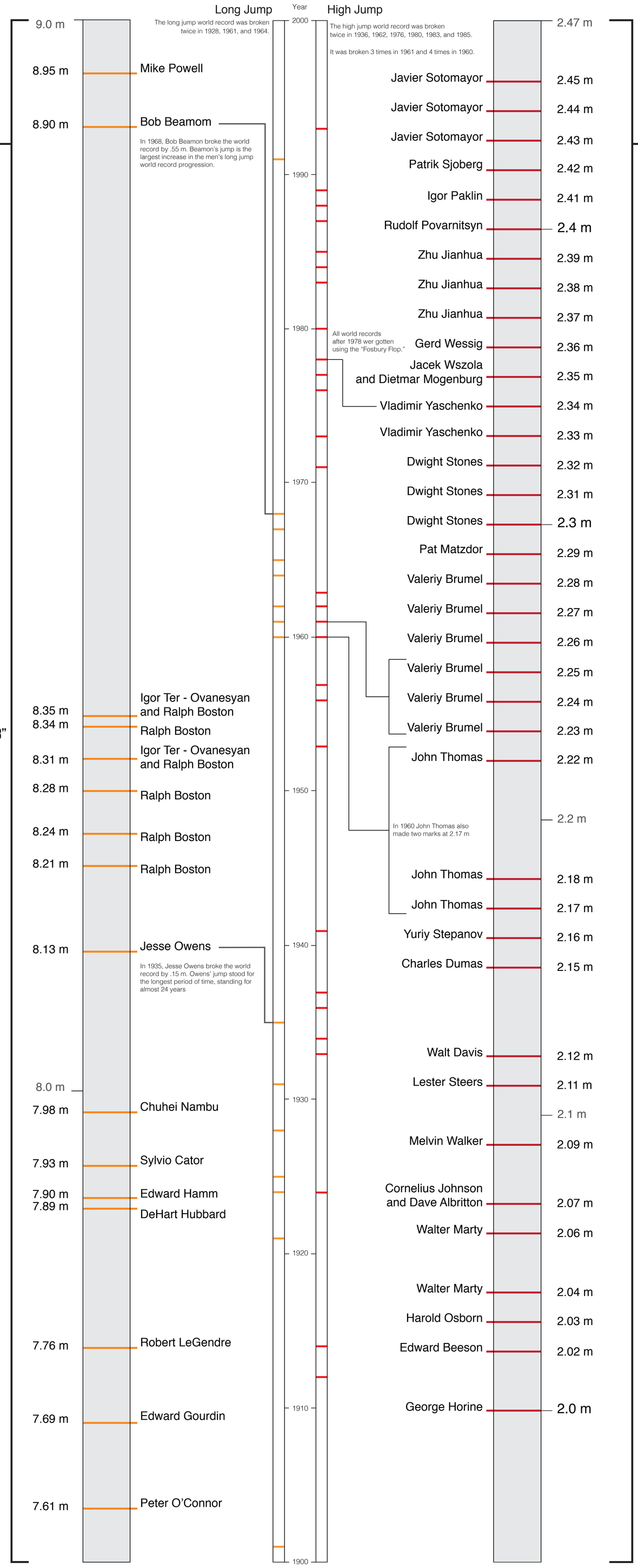
LONG JUMP & HIGH JUMP MEN'S WORLD RECORD PROGRESSION



Long Jump World Record



Years the World Records were Broken



High Jump World Record

Long Jump

The long jump, historically called the broad jump, is a track and field event in which athletes combine speed, strength, and agility in an attempt to leap as far as possible from a take off point. This event has a history in the Ancient Olympic Games and has been a modern Olympic event for men since the first Olympics in 1896. However, the International Association of Athletics Federation recognized the first world record in the men's long jump in 1912. That inaugural record was 7.61 m performed by Peter O'Connor in 1901.

In the long jump the athletes run down a runway, usually coated with the same material as the track, and jump as far as they can from a block built flush into the runway. This block is called the foul line. The athletes jump into a pit of fine gravel or sand. The athlete can start their jump anywhere behind the foul line, but all measurements are recorded from the end of the foul line. So it is in the athletes' best interest to start their jump as close to the foul line as possible, with out going over. The distance of the jump is measured by the nearest break in the sand caused by any body part or uniform. Each competitor in the event has a set number of attempts, usually three. Three additional jumps are awarded to the best 8 or 9 competitors. Whoever has made the longest jump is the first or final round wins the event.

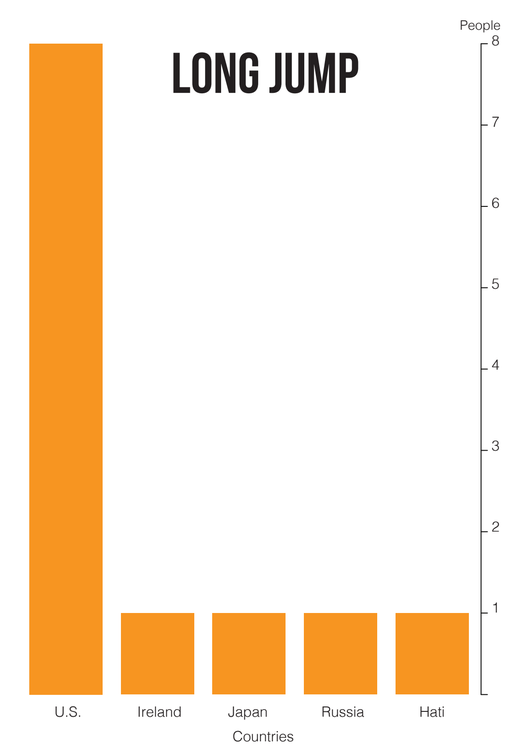
Athletes from the United States have mainly dominated the long jump. One reason is that speed is big factor in the long jump. Many sprinters for the United States have also competed in the long jump. Jesse Owens and Carl Lewis are some of the better-known sprinters that also competed in the long jump. Eight different athletes from the United States have held the world record in the long jump.

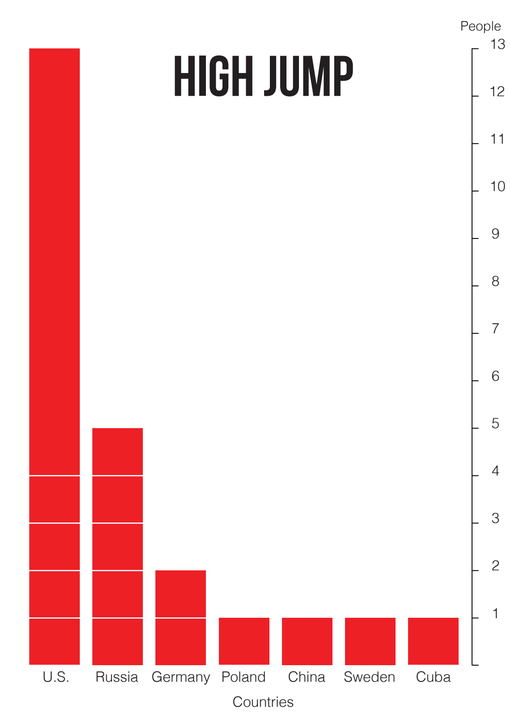
High Jump

The high jump is a track and field event in which athletes attempt to jump over a horizontal bar. The bar is set at increasing heights. The athletes get three attempts to jump over the bar, without knocking the bar over. During the jump, the athlete may touch the bar, just as long as they do not knock it over. If an athlete does not make a successful jump over the bar, they are no longer in the competition. The athletes continue to jump over the bar at increasing heights until there is one athlete left. The last athlete left is the winner, and they may continue to jump or stop since they have already won.

One significant rule in the high jump competition is that the athletes must take off from one foot. If an athlete takes off from both feet, that jump does not count and is counted as an attempt. In the early competitions of the high jump, athletes would approach the bar straight on and use a scissor technique with their legs to jump over the bar. Many new techniques were later used to jump over the bar. Dick Fosbury's technique would bring the high jump to new heights. Fosbury's technique was to go over the bar backwards, rolling your body over the bar. This new technique, called the "Fosbury Flop," is how almost all high jumpers jump over the bar today.
Like the long jump, and many other track and field events, United States athletes have historically dominated the high jump. Although speed, strength, and agility are also used in the high jump, the athletes rely more on their technique to get over the bar.

NUMBER OF MEN'S WORLD RECORD HOLDERS FROM A COUNTRY





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