

New Mexico Senior Olympics

Field Events Rules

Revised 3-2017

Playing Format

1. Field Events will be governed in general by standard rules recommended by USA Track & Field and National Senior Games Association except as noted below. For a copy of these rules please write or call:

USA Track & Field	National Senior Games Association
132 East Washington St., Suite 800	P.O. Box 5630
Indianapolis, IN 46204	Clearwater, FL 33758
(317) 261-0500	(727) 475-1187
www.usatf.org	www.nsga.com

2. Field Events will be Hammer Throw, Discus, Javelin, Shot Put, High Jump, Long Jump (running), Long Jump (standing), Pole Vault, and Triple Jump.
3. All events will be measured in feet and inches.
4. New Mexico Senior Olympics shall provide certified implements for all events and age groups except Hammer Throw and Pole Vault. In addition, athletes shall be permitted to use their own implements. Check at Sport Table for specific instructions regarding certification.
5. Athletes will not be allowed to throw implements at a weight greater than allowed in their age group.
6. All age groups will be allowed Warm Up Period (Practice). See Sport Table for further information.
7. **Throwing Events - Equipment**

Following are the weights of the various implements to be used for each gender and age division:

		Discus	Hammer	Javelin	Shot Put
Men	50-59	1.5 Kg	6 Kg	700 g	6 Kg
Men	60-69	1.0 Kg	5 Kg	600 g	5 Kg
Men	70-79	1.0 Kg	4 Kg	500 g	4 Kg
Men	80+	1.0 Kg	3 Kg	400 g	3 Kg
Women	50-59	1.0 Kg	3 Kg	500 g	3 Kg
Women	60-74	1.0 Kg	3 Kg	500 g	3 Kg
Women	75+	.75 Kg	2 Kg	400 g	2 Kg

Playing Rules

1. General Information for all Throwers

- a) After completing a throw, the athlete shall stay in the ring or throwing area until the implement has landed and the official has said **Mark**.
- b) All measurements are taken to the nearest .25 inch **below** distance covered.
- c) Marks will be recorded in feet and inches--the official may turn the tape over after reading the feet and call the throw in meters.
- d) Measurements for all throwing events are taken from the inside edge of the toe board or ring apron.
- e) Tape shall be stretched from the nearest edge of the mark of implement for the shot put and discus.
- f) Tape will be held at the center mark of the ring.
- g) When there are more than eight competitors, each competitor shall be allowed three throws. The eight competitors with the best performances shall be allowed three additional throws. When there are eight or fewer competitors, all shall be allowed six throws, even if none of the first three are fair.

Field Events Rules (cont.)

2. Throwing Events

a) Discus

1. Athlete must exit from the back half of the circle after throw.
2. Athlete must not step over the front of the throwing circle nor touch the front of the circle with any part of the body. (Outside of the throwing ring.)
3. The discus must be held with one hand.
4. Violation of these rules shall result in a scratch.
5. In the event of a tie, one additional throw is required. A competitor must be present for the play-off or he/she will concede and accept the next lower award. If still tied after the tie-breaker, the second-best throw of the official six throws will determine placement.

b) Hammer Throw

1. The competitor in the starting position, prior to the preliminary swings or turns, is permitted to rest the head of the hammer on the ground inside or outside the circle. In making a throw, the competitor may choose to assume any starting position and shall use both hands, holding the hammer exclusively by the handle.
2. It shall not be considered a foul throw if the head of the hammer touches the ground or the top of the iron band.
3. If the hammer breaks during the throw or while in the air, it shall not count as a throw provided it was made in accordance with the rules. In the event that the competitor thereby loses balance and commits a foul, it shall not be charged and the athlete shall be awarded a new trial.
4. Construction - The hammer shall consist of three parts: a metal head, a wire and a handle.
5. Head - The head shall be solid iron or other metal not softer than brass, or a shell of such metal filled with lead or other solid material so that no internal movement is detected by feel, sight or sound. It must be spherical in shape and smooth. The center of gravity shall not be more than 6mm from the center of the sphere, i.e., it must be possible to balance the head, less wire and handle, on a horizontal sharp-edged orifice 12mm in diameter. If a filling is used, it must be inserted in such a manner that it is immovable.
6. Wire - The wire shall be a single unbroken and straight length of spring wire not less than 3mm, and shall be such that it cannot stretch appreciably while being thrown. The wire may be looped at one or both ends as a means of attachment.
7. Handle - The handle shall have a symmetric design, be rigid and without hinging joints of any kind, may have a curved or straight grip and/or brace. Per IAAF specifications, the minimum handle breaking strength shall be 8kN (800kgf) and the handle shall be designed such that the total deformation of the handle under a tension load of 3.8kN shall not exceed 3mm. See Figure 14.
8. Connection - The wire shall be connected to the head by means of a swivel which may be either plain or ball bearing. The handle shall be connected to the wire by means of a loop in such a manner that it cannot be turned within the loop of the wire to increase the overall length of the hammer. A swivel may not be used.
9. With the use of gloves in the Hammer Throw gloves shall be smooth on the back and on the front and the tips of the glove fingers, other than the thumb, shall be open.
10. The following shall not be considered assistance and are therefore allowed: The use by an athlete, in order to obtain a better grip, of a suitable substance on his hands only or in the case of a hammer thrower on his or her gloves.

Hammer Throw (continued)

The hammer shall conform to the following specifications:

Name	16 lb.	6 kg	12 lb.	5 kg	4 kg	3 kg	2 kg
Nominal Wt. kg	7.26	6.00	5.45	5.00	4.00	3.00	2.00
Min. Record Wt. kg	7.260	6.000	5.443	5.000	4.000	3.000	2.000
Diameter min. mm 110	105	98.4	100	95	85	75	
Diameter max. mm 130	125	117.5	120	110	100	100	
Length max. mm-Note 1	1215	1215	1215	1200	1195	1195	1195

NOTE 1: Length of Hammer is measured from the inside of the handle to the bottom of the ball. Pressure should be applied to make sure the wire is straight.

NOTE 2: The weight of the implement includes the totality of the hammer head, wire and handle.

Source: 2017 USATF Competition Rules

c. Javelin

1. Hand must be on the grip of the javelin with the little finger toward the point of the javelin.
2. The javelin shall be held with one hand.
3. All javelin throws, to be valid, must have the tip or the point of the metal head strike the ground before any other part of the javelin.
4. All javelin throws must land completely within the sector lines.
5. Violation of these rules shall result in a scratch.
6. In the event of a tie, one additional throw is required. A competitor must be present for the play-off or he/she will concede and accept the next lower award. If still tied after the tie-breaker, the second-best throw of the official six throws will determine placement.

d. Shot Put

1. The shot put shall be held with one hand and must touch or be held close to the chin.
2. The shot must not drop below this position during the put.
3. The shot must not come behind the line of the shoulder at any time during the put.
4. The athlete must exit from the back half of the circle after put.
5. The athlete must not step over the front of the throwing circle nor touch the top of the toe board or front of circle with any part of the body. (Outside of throwing ring.)
6. Violation of these rules shall result in a scratch.
7. In the event of a tie, one additional throw is required. A competitor must be present for the play-off or he/she will concede and accept the next lower award. If still tied after the tie-breaker, the second-best throw will determine placement.

3. Jumping Events

a) High Jump

1. The bar is raised to a higher position when each contestant has had 3 attempts to clear a given height.
2. A jumper may at any time decline to jump at a given height in order to wait for the bar to be moved higher.
3. Three successive unsuccessful attempts, whether at a single height or different heights, eliminate the jumper.
4. The winner is the last remaining competitor to clear the bar at its greatest height.
In the event of a tie, the athlete with the highest height cleared with fewest misses will be awarded the higher placement.

b) Long Jump (Running)

1. This is a measured event.
2. Contestants will run and then jump at the block or designated line into the pit.
3. Contestants will jump into a soft surface of sand.
4. Measurements are taken from where the nearest part of body (foot, hand, etc.) lands from the starting line.
5. The longest jump will be the official jump recorded.
6. In the event of a tie, an additional one jump will decide the winner. A competitor must be present for the play-off or he/she will concede and accept the next lower award. If still tied, use second best jump.

c) Long Jump, Standing

1. This is a measured event.
2. Contestants must start the jump with both feet on the ground. (This is not a running jump.)
3. Each contestant will have 3 jumps.
4. Contestant will jump into a soft surface such as sand.
5. Each contestant must have both feet behind the starting line at the time of the jump.
6. Measurements are taken from where the nearest part of the body (foot, hand, etc.) lands from the starting line.
7. The longest jump will be the official jump recorded.
8. In the event of a tie, an additional one jump will decide the winner. A competitor must be present for the play-off or he/she will concede and accept the next lower award. If still tied, use second best jump.

d) Pole Vault

1. Each contestant must furnish their own pole.
2. The bar is raised to a higher position when each contestant has had 3 opportunities to clear a given height or has elected to pass at the height.
3. A vaulter is eliminated when he/she misses 3 successive attempts at any height.
4. In the event of a tie, the athlete with the highest height cleared with fewest misses will be awarded the higher placement.

Field Events Rules (cont.)

e) Triple Jump

1. The competitor shall first land upon the same foot as that from which he/she has taken off. The other foot shall be used for the second landing, and either or both feet shall be used for the third landing. It shall not be considered a failure or foul if the competitor, while jumping, touches the ground with the “sleeping” leg.
2. The placement of the take-off board should depend upon the caliber of the competition. In major competition for men, the take-off board for the Triple Jump should be placed at least 13M from the landing area. In major competition for women, it is recommended that the take-off board for the Triple Jump be placed at least 10M from the landing area.
3. It is recommended that the distance between the take-off board and the end of the landing area be at least 21M.
4. This is a measured event.
5. Contestants will jump into a soft surface of sand.
6. Contestants will have 3 jumps. A foul will be considered a jump.
7. Measurements are taken from where the nearest part of body (foot, hand, etc.) lands from the take-off board.
8. The longest jump will be the official jump recorded.
9. In the event of a tie, one additional jump will decide the winner. A competitor must be present for the play-off or he/she will concede and accept the next lower award. If still tied, use second best jump.

FIELD – DISCUS

SAMPLE SCORE SHEET WITH INSTRUCTIONS

(1) Gender (M/F) _____

(1) Age Division _____
(50-54, 55-59, etc.)

Instructions:

1. Enter Gender and Age Division for athletes for each form.
2. Enter Athlete's name and city.
3. Definition: A scratch will occur if athlete does not exit from the back half of the circle after the throw, if athlete steps over the front of the throwing circle or touches the circle with any part of the body or discus is not held with one hand. See NMSO Rule Book.
4. Indicate all throws in feet (') and inches (") to the nearest .25"
Each athlete will be allowed a total of 6 throws as defined in NMSO Rule Book.
5. If a scratch occurs on a throw, the throw will not be recorded and an "F" will be marked on line for that throw.
6. After athlete has made all his throws, record the longest throw on appropriate line.
7. If applicable a Tiebreaker, consisting of one throw, is required. Record distance for tiebreaker on appropriate line.
8. A competitor must be present for the play-off or he/she will concede and accept the next lower award.
9. If athletes are still tied after the tie-breaker, the second best throw of the official six throws will determine placement.
10. Scorer/Recorder and Sport Coordinator initial at bottom of sheet.

(2) Name _____

(2) City _____

Distance Per Throw

(4) _____
Throw 1 2 3 4 5 6

(6) Longest Throw _____

7) Tiebreaker _____
(if applicable)

(10) Recorder/Scorer: _____
Initial

(10) Sport Coordinator: _____
Initial

FIELD – DISCUS

SCORE SHEET

Gender (M/F) _____

Age Division _____
(50-54, 55-59, etc.)

Name _____ City _____

1 2 3 4 5 6

Longest Throw _____

Tiebreaker _____
(if applicable)

Name _____ City _____

1 2 3 4 5 6

Longest Throw _____

Tiebreaker _____
(if applicable)

Name _____ City _____

1 2 3 4 5 6

Longest Throw _____

Tiebreaker _____
(if applicable)

Name _____ City _____

1 2 3 4 5 6

Longest Throw _____

Tiebreaker _____
(if applicable)

Recorder/Scorer: _____
Initial

Sport Coordinator: _____
Initial

FIELD – HAMMER THROW

SCORE SHEET

Gender (M/F) _____

Age Division _____
(50-54, 55-59, etc.)

Name _____

City _____

1

2

3

4

5

6

Longest Throw _____

Tiebreaker _____
(if applicable)

Name _____

City _____

1

2

3

4

5

6

Longest Throw _____

Tiebreaker _____
(if applicable)

Name _____

City _____

1

2

3

4

5

6

Longest Throw _____

Tiebreaker _____
(if applicable)

Name _____

City _____

1

2

3

4

5

6

Longest Throw _____

Tiebreaker _____
(if applicable)

Recorder/Scorer: _____
Initial

Sport Coordinator: _____
Initial

FIELD – HIGH JUMP

SAMPLE SCORE SHEET WITH INSTRUCTIONS

(1) Gender (M/F) _____

(1) Age Division _____ (50-54, 55-59, etc.)

Instructions:

1. Enter Gender and Age Division for athletes.
 2. Enter Athlete's name and city.
 3. A jumper may decline to jump at a given height in order to wait for the bar to be moved higher.
 4. Indicate starting height for athlete in feet (‘) and inches (“) to nearest .25”
 5. Each athlete will be allowed a total of three tries per height. If athlete misses on three successive jumps, they will be finished and highest height cleared will be indicated as their height.
 6. If there is tie for highest height jumped, then athlete with the highest height cleared with fewest misses will be awarded the higher placement.
 7. Scorer/Recorder and Sport Coordinator initial at bottom of sheet.
-

(2)Name _____

Indicate a miss with an X

(4) Height _____

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------

Height _____

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------

Height _____

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------

(2) City _____

Clearance with an O

Height _____

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------

Height _____

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------

Height _____

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------

(5) Highest Height Cleared _____

(2)Name _____

Indicate a miss with an X

(4) Height _____

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------

Height _____

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------

Height _____

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------

(2) City _____

Clearance with an O

Height _____

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------

Height _____

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------

Height _____

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------

(5) Highest Height Cleared _____

(7) Recorder/Scorer: _____

Initial

(7) Sport Coordinator: _____

Initial

FIELD – HIGH JUMP

SCORE SHEET

Gender (M/F) _____

Age Division _____
(50-54, 55-59, etc.)

Name

Indicate a miss with an X

Height _____

Height _____

Height _____

City

Clearance with an O

Height _____

Height _____

Height _____

Highest Height Cleared _____

Name

Indicate a miss with an X

Height _____

Height _____

Height _____

City

Clearance with an O

Height _____

Height _____

Height _____

Highest Height Cleared _____

Name

Indicate a miss with an X

Height _____

Height _____

Height _____

City

Clearance with an O

Height _____

Height _____

Height _____

Highest Height Cleared _____

Recorder/Scorer: _____
Initial

Sport Coordinator: _____
Initial

FIELD – JAVELIN

SAMPLE SCORE SHEET WITH INSTRUCTIONS

(1) Gender (M/F) _____

(1) Age Division _____
(50-54, 55-59, etc.)

Instructions:

1. Enter Gender and Age Division for athletes.
2. Enter Athlete's name and city.
3. Javelin shall be held in one hand with the hand on the grip of the javelin, javelin tip must strike the ground before any other part of the javelin and javelin throws must land completely within the sector lines. Violation of these rules shall result in a scratch.
4. Scratch on a throw will be recorded as an "F" on appropriate line.
5. Record all throws in feet (') and inches (") to the nearest .25"
6. Each athlete will be allowed a total of 6 throws as defined in NMSO Rule Book.
7. Record the longest throw on the appropriate line.
8. In the event of a Tie, one throw, must be made. Record distance for tiebreaker as above on appropriate line.
9. A competitor must be present for the play-off or he/she will concede and accept the next lower award.
10. If still tied, second best throw of the 6 throws will be used to determine placement.
11. Scorer/Recorder and Event Coordinator initial at bottom of sheet.

(2) Name _____

(2) City _____

Distance Per Throw

(5) _____
 1 2 3 4 5 6

(7) Longest Throw _____

(8) Tiebreaker _____
(if applicable)

(11) Recorder/Scorer: _____
 Initial

(11) Sport Coordinator: _____
 Initial

FIELD – JAVELIN

SCORE SHEET

Gender (M/F) _____

Age Division _____
(50-54, 55-59, etc.)

Name

City

1

2

3

4

5

6

Longest Throw _____

Tiebreaker
(if applicable)

Name

City

1

2

3

4

5

6

Longest Throw _____

Tiebreaker
(if applicable)

Name

City

1

2

3

4

5

6

Longest Throw _____

Tiebreaker
(if applicable)

Recorder/Scorer: _____
Initial

Sport Coordinator: _____
Initial

FIELD – LONG JUMP

SAMPLE SCORE SHEET WITH INSTRUCTIONS

(1) Gender (M/F) _____

(1) Age Division _____
(50-54, 55-59, etc.)

Instructions:

1. Enter Gender and Age Division for athletes.
 2. Enter Athlete's name and city.
 3. Indicate each jump in feet (') and inches (") to the nearest .25"
 4. Each athlete will be allowed a total of 3 jumps. Foul on jump will result in no distance.
 5. Indicate the longest jump.
 6. If applicable and athlete is in a Tiebreaker, indicate distance for tiebreaker.
- Reminder: Tiebreaker—one Tiebreaker allowed, if still tied, use second best jump.
7. Scorer/Recorder and Event Coordinator initial at bottom of sheet.

(2) Name _____

(2) City _____

Distance Per Jump

(3) _____

(5) Longest Jump _____

(6) Tiebreaker _____
(if applicable)

(2) Name _____

(2) City _____

Distance Per Jump

(3) _____

(5) Longest Jump _____

(6) Tiebreaker _____
(if applicable)

(7) Recorder/Scorer: _____
Initial

(7) Sport Coordinator: _____
Initial

FIELD – LONG JUMP

SCORE SHEET

Gender (M/F) _____

Age Division _____
(50-54, 55-59, etc.)

Name _____

1 _____ 2 _____ 3 _____

City _____
Longest Jump _____

Tiebreaker _____
(if applicable)

Name _____

1 _____ 2 _____ 3 _____

City _____
Longest Jump _____

Tiebreaker _____
(if applicable)

Name _____

1 _____ 2 _____ 3 _____

City _____
Longest Jump _____

Tiebreaker _____
(if applicable)

Name _____

1 _____ 2 _____ 3 _____

City _____
Longest Jump _____

Tiebreaker _____
(if applicable)

Recorder/Scorer: _____
Initial

Sport Coordinator: _____
Initial

FIELD – LONG JUMP STANDING

SAMPLE SCORE SHEET WITH INSTRUCTIONS

(1) Gender (M/F) _____

(1) Age Division _____
(50-54, 55-59, etc.)

Instructions:

1. Enter Gender and Age Division for athletes.
 2. Enter Athlete's name and city.
 3. Indicate each jump in feet (') and inches (") to the nearest .25"
 4. Each athlete will be allowed a total of 3 jumps. Foul on jump will result in no distance.
 5. Indicate the longest jump.
 6. If applicable and athlete is in a Tiebreaker, indicate distance for tiebreaker.
- Reminder: Tiebreaker—one Tiebreaker allowed, if still tied, use second best jump.
7. Scorer/Recorder and Event Coordinator initial at bottom of sheet.

(2) Name

(2) City

Distance Per Jump

(3) _____

(5) Longest Jump _____

(6) Tiebreaker _____
(if applicable)

(2) Name

(2) City

Distance Per Jump

(3) _____

(5) Longest Jump _____

(6) Tiebreaker _____
(if applicable)

(7) Recorder/Scorer: _____
Initial

(7) Sport Coordinator: _____
Initial

FIELD – LONG JUMP STANDING

SCORE SHEET

Gender (M/F) _____

Age Division _____
(50-54, 55-59, etc.)

Name

City

Longest Jump _____

1 2 3

Tiebreaker _____
(if applicable)

Name

City

Longest Jump _____

1 2 3

Tiebreaker _____
(if applicable)

Name

City

Longest Jump _____

1 2 3

Tiebreaker _____
(if applicable)

Name

City

Longest Jump _____

1 2 3

Tiebreaker _____
(if applicable)

Recorder/Scorer: _____
Initial

Sport Coordinator: _____
Initial

FIELD – POLE VAULT

SAMPLE SCORE SHEET WITH INSTRUCTIONS

(1) Gender (M/F) _____

(1) Age Division _____
(50-54, 55-59, etc.)

Instructions:

1. Enter Gender and Age Division for athletes.
2. Enter Athlete's name and city
3. Indicate starting height for athlete in feet (‘) and inches (”) to nearest .25”
4. Each athlete will be allowed a total of three tries per height. If athlete misses on three successive jumps, they will be finished and highest height cleared will be indicated as their height.
5. If there is tie for highest height jumped, then athlete with the highest height cleared with fewest misses will be awarded the higher placement.
6. Scorer/Recorder and Event Coordinator initial at bottom of sheet.

(2) Name _____

(2) City _____

Indicate a miss with an X
Clearance with an O

(3) Height of Bar: _____
 Height of Bar: _____

Highest Height
Cleared _____

(6) Recorder/Scorer: _____
Initial

(6) Sport Coordinator: _____
Initial

FIELD – POLE VAULT

SCORE SHEET

Gender (M/F) _____

Age Division _____
(50-54, 55-59, etc.)

Name _____

City _____

Indicate a miss with an X
Clearance with an O

Height of Bar: _____
 Height of Bar: _____

Highest Height
Cleared _____

Recorder/Scorer: _____
Initial

Sport Coordinator: _____
Initial

FIELD – SHOT PUT

SAMPLE SCORE SHEET WITH INSTRUCTIONS

(1) Gender (M/F) _____

(1) Age Division _____
(50-54, 55-59, etc.)

Instructions:

1. Enter Gender and Age Division for athletes.
2. Enter Athlete's name and city
3. Indicate all throws in feet (') and inches (") to the nearest .25"
4. Each athlete will be allowed a total of 6 throws as defined in NMSO Rule Book.
5. Indicate the longest throw.
6. If applicable and athlete is in a Tiebreaker, indicate distance for tiebreaker.
Reminder: Tiebreaker—one Tiebreaker allowed, if still tied, use second best throw.
7. Scorer/Recorder and Event Coordinator initial at bottom of sheet.

(1) Name

(1) City

Distance Per Throw

(3) _____

4) Longest Throw _____

6) Tiebreaker _____
(if applicable)

(1) Name

(1) City

Distance Per Throw

(3) _____

4) Longest Throw _____

6) Tiebreaker _____
(if applicable)

(7) Recorder/Scorer: _____
Initial

(7) Sport Coordinator: _____
Initial

FIELD – SHOT PUT

SCORE SHEET

Gender (M/F) _____

Age Division _____
(50-54, 55-59, etc.)

Name City

(1) (2) (3) (4) (5) (6)

Longest Throw _____

Tiebreaker _____
(if applicable)

Name City

(1) (2) (3) (4) (5) (6)

Longest Throw _____

Tiebreaker _____
(if applicable)

Name City

(1) (2) (3) (4) (5) (6)

Longest Throw _____

Tiebreaker _____
(if applicable)

Recorder/Scorer: _____
Initial

Sport Coordinator: _____
Initial

FIELD – TRIPLE JUMP

SAMPLE SCORE SHEET WITH INSTRUCTIONS

(1) Gender (M/F) _____

(1) Age Division _____
(50-54, 55-59, etc.)

Instructions:

1. Enter Gender and Age Division for athletes.
2. Enter Athlete's name and city.
3. Indicate each jump in feet (‘) and inches (‘’) to the nearest .25”
4. Competitor will take off with one foot, land with the second foot, and land with either the first foot or both feet.
5. Each athlete will be allowed a total of 3 jumps. Foul on jump will result in no distance.
6. Indicate the longest jump.
7. If applicable and athlete is in a Tiebreaker, indicate distance for tiebreaker.
Reminder: Tiebreaker - one Tiebreaker allowed, if still tied, use second best jump.
8. Scorer/Recorder and Event Coordinator initial at bottom of sheet.



(2) Name

(2) City

Distance Per Jump

(3) _____
 1 2 3

(6) Longest Jump _____

(7) Tiebreaker _____
(if applicable)

(8) Recorder/Scorer: _____
 Initial

(8) Sport Coordinator: _____
 Initial

FIELD – TRIPLE JUMP

SCORE SHEET

Gender (M/F) _____

Age Division _____
(50-54, 55-59, etc.)

Name _____

City _____

Distance Per Jump

Longest Jump _____

1

2

3

Tiebreaker _____
(if applicable)

Name _____

City _____

Distance Per Jump

Longest Jump _____

1

2

3

Tiebreaker _____
(if applicable)

Name _____

City _____

Distance Per Jump

Longest Jump _____

1

2

3

Tiebreaker _____
(if applicable)

Recorder/Scorer: _____
Initial

Sport Coordinator: _____
Initial