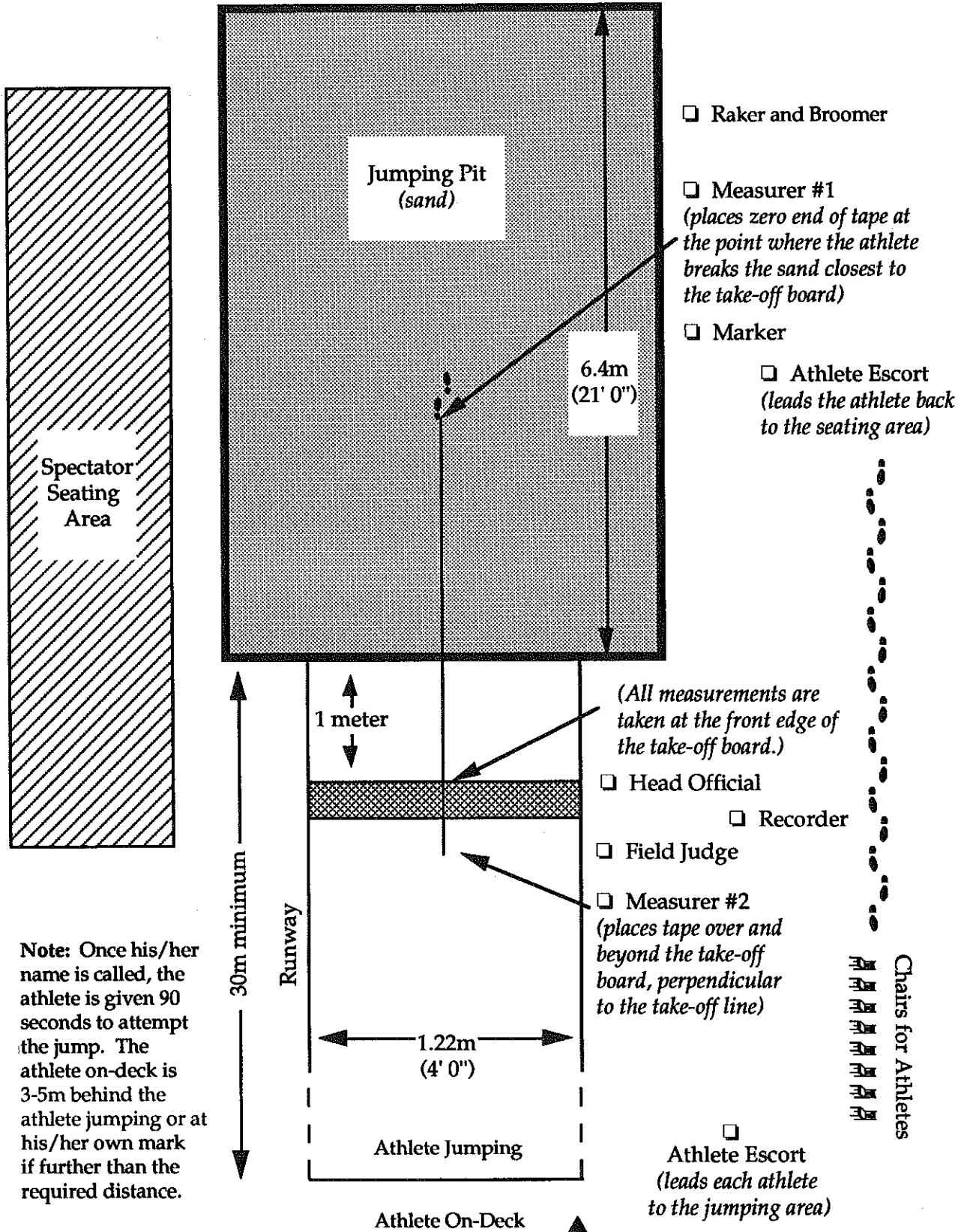




### Running Long Jump



**Note:** Once his/her name is called, the athlete is given 90 seconds to attempt the jump. The athlete on-deck is 3-5m behind the athlete jumping or at his/her own mark if further than the required distance.