

Course Name : Bachelor of Physical Education
Year : Ist
Paper Name : Skill and Fundamental of Athletics
Paper No. B
Lecture No. 2
Topic No. 3
Lecture Title : Long Jump : Gameplay and Records

References:

http://www.dsbn.edu.on.ca/uploadedFiles/DSBN_Main_Website/Athletics/Secondary/Track_and_Field/LongJumpOfficial.pdf

http://www.dsbn.edu.on.ca/uploadedFiles/DSBN_Main_Website/Athletics/Secondary/Track_and_Field/LongJumpOfficial.pdf

Links

<http://www.buzzle.com/articles/long-jump-rules.html>