

**Course Name : Bachelor of Physical Education**

**Year : Ist**

**Paper Name : Skill and Fundamental of Athletics**

**Paper No. B**

**Lecture No. 1**

**Topic No. 3**

**Lecture Title : Long Jump: Techniques and Rules**

### **Summary**

The long jump has been part of modern Olympic competition since the inception of the Games in 1896. The long jump is also notable for two of the longest-standing world records in any track and field event. Mike Powell and Carl Lewis squared off in one of the most memorable long jump battles in the history of the event.