



Program Learning/Performance Objectives and Mentor Checklist for all Study Guides (Plan A, Plan B, Plan V)

Study Guide 10 – LONG JUMP

Participant’s Name: _____ **Mentor Name** _____

Evaluate applicable areas, based on assignment(s) for this meet/some areas will be Non-Applicable (NA)

INSTRUCTIONS: All items on this Checklist must be completed during the timeline of the program. Some participants are in the program for 1-4 years. All items/objectives should be checked when the item is successfully completed. Not all items will be completed at any particular meets but over a series of meets. Enter the date of the completed PO/LO, your initials for verification, and any comments that you may have. Make three (3) copies when the form is completed. Keep one (1) copy for yourself. Distribute one (1) to the participant. Send one (1) to your Certification chairperson or to your Junior Officials Program coordinator as per your specific Association designee. All Objectives must be met before submission. *Note: Some of the items on the checklist may be “Not Applicable (NA) but those items are very limited. Ex. A 14-year-old JOP Participant will not be a Starter at a meet or assigning other officials to duties. These type criteria will be marked NA. NA’s should be used sparingly.*

Learning/Performance Objectives What should the JOP be able to explain or do?	PO# - Study Guide	Date Completed	Mentor Initials
USATF RULE 180	HJGR1 – SG-9		
USATF RULE 184	HJGR2– SG-9		
USATF RULE 185	HJGR3– SG-9		
USATF RULE 148	HJGR4– SG-9		
Take-off Board	HJGR5– SG-9		
Construction	HJGR6– SG-9		
Plasticine Indicator Board	HJGR7– SG-9		
Landing Areas	HJGR8– SG-9		
Measurement of Each Jump	HJGR9– SG-9		
Wind Measurement	HJGR10– SG-9		
Personal Equipment Kit	L1		
Equipment from Meet Management	LJ2		
Determine from Meet Management - Questions	LJ3		
Set up the venue	LJ4		
Brief officials	LJ5		
Check-in Athletes	LJ6		
Records	LJ7		
Warm-ups	LJ8		
Inclement Weather	LJ9		
Brief Athletes	LJ10		
Venue Assignments	LJ11		
Resolving Ties	LJ12		
Time Limits	LJ13		
Absence from Competition	LJ14		
Horizontal Event Recording Sheet	LJ15		



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Comments: _____
