



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

**Study Guide 11 – TRIPLE 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.*

<b>Learning/Performance Objectives What should the JOP be able to explain or do?</b>	<b>PO/LO #</b>	<b>Date Completed</b>	<b>Mentors Initials</b>
USATF Rule 186, 184, 185	TJ1		
The distance between the take-off line for men and the far end of the landing area shall be at least 21m.	TJ2		
For major competitions, the take-off line shall not be less than 13m for men and 10m for women from the nearer end of the landing area. For any other competition, this distance shall be appropriate for the level of competition.	TJ3		
Between the take-off board and the landing area there shall, for the step and jump phases, be a take-off area of 1.22m ± 0.01m wide providing firm and uniform footing.	TJ4		
The Triple Jump shall consist of a hop, a step and a jump in that order.	TJ5		
The hop shall be made so that an athlete lands first on the same foot as that from which the athlete has taken off, the step shall land on the other foot, from which, subsequently, the jump is performed. It shall not be considered a failure if an athlete, while jumping, touches the ground with the ‘sleeping’ leg.	TJ6		
Rule 185.5(d) does not apply to the normal landings from the hop and step phases.	TJ7		
USATF Rule 185 and other pertinent rules from Module	TJ8		
Personal Equipment Kit	TJ9		
Equipment from Meet Management	TJ10		
Determine from meet management - Questions	TJ11		
Set up the venue	TJ12		
Brief officials	TJ13		
Check-in Athletes	TJ14		
Records	TJ15		
Warm-ups	TJ16		



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Inclement Weather	TJ17		
Brief Athletes	TJ18		
Venue Assignments	TJ19		
Resolving Ties	TJ20		
Time Limits	TJ21		
Absence from Competition	TJ22		
Horizontal Jump Event Recording Sheet	TJ23		

Comments: \_\_\_\_\_  
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