

David F. Johnston

davidfjohnston@yahoo.com

**Triple Jump
Rhythm Chart**

Board	Hop Landing Point	Step Landing Point	Land Landing Point
0	9'11"	17"8	26'
0	10-7	19-0	28
0	11-5	20-5	30
0	12-3	21-10	32
0	13-0	23-3	34
0	13-8	24-5	36
0	14-5	25-10	38
0	15-3	27-3	40
0	16-0	28-6	42
0	16-8	29-11	44
0	17-6	31-3	46
0	18-3	32-7	48
0	19-0	34-0	50
0	19-8	35-5	52
0	20-6	36-9	54

**Triple Jump
Hop – Step – Jump
Distance Chart**

0	HOP Distance	STEP Distance	JUMP Distance
26 FT	9'11"	7'9"	8'4"
28 FT	10'7"	8'5"	9'0"
30 FT	11'5"	9'0"	9'7"
32 FT	12'3"	9'7"	10'2"
34 FT	13'0"	10'3"	10'9"
36 FT	13'8"	10'9"	11'7"
38 FT	14'5"	11'5"	12'2"
40 FT	15'3"	12'0"	12'9"
42 FT	16'0"	12'6"	13'6"
44 FT	16'8"	13'3"	14'1"
46 FT	17'6"	13'9"	14'9"
48 FT	18'3"	14'4"	15'5"
50 FT	19'0"	15'0"	16'0"
52 FT	19'8"	15'7"	16'9"
54 FT	20'6"	16'3"	17'3"