



# World Records: Long Jump

Men: Mike Powell (USA)  
30th August 1991 (Tokyo, Japan)  
8.95 m (29 ft 4.36 in)

Women: Galina Christakova (Soviet Union)  
11 June 1988 (Leningrad, Soviet Union)  
7.52 m (24 ft 8.06 in)

Measure these world record distances on the playground.

Have a long jump competition with your class:

- What will you use to measure the distances jumped?
- How many jumps will each person have?
- What rules will you decide on to keep things fair?

Happy measuring!

