Standing broad jump

Jump as far as possible from standstill with both feet together.

Starting position

- Barefoot, feet together
- Behind starting line

Score

Distance is recorded to the nearest 1 cm

Attempts

2 attempts, enter both scores

- ✓ When falling backwards, the attempt may be redone
- ✓ Arms can be used
- ✓ A thin mat may be used, starting position is behind the mat

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