

Long Jump Training Prop

Parts List:

- 2 5 ft. length of 1 ¼" PVC pipe
- 2 5 ft. length of 1" PVC pipe
- 2 30 in. length of 1" PVC pipe
- 4 2 ½ in. or 3 in locking pins
- 2 1 ½" or 1 ¾" Threaded Hook Eyes, Washers, and Nuts

Tools Needed:

- Hack Saw or Power Saw
- Electric Drill with a 5/16" drill bit

Assembly:

1. Make a 45 degree cut to one end of each of 30 in. lengths of 1" PVC pipe. This is the bottom end of the Training Prop. Make a mark 16" from the angle cut of each of the bottom pieces. This is the guide mark for drilling holes to attach the middle section of the Prop shown in a later direction and also the depth you will want to drive the bottom section into the ground when using the completed Prop.



2. Slide the top portion of the 30" piece of 1" PVC pipe into one end of the 1 ¼" PVC pipe and stop at the line previously drawn marking the 16" mark on the 30" pipe. Drill 1 or 2 holes through the two layers of PVC pipe approximately 12 inches apart using a 5/16" drill bit. Then fasten the two pipes together with one of the locking pins.



3. Next slide one of the 5 ft. sections of 1" PVC into the top of the 1 1/4" section until it stops due to the base section being pinned in place. Starting about 6 inches down from the top of the 1 1/4" pipe begin drilling holes through both pieces of pipe every 6 inches. This allows for adapting the height of the cross between the two sides of the prop to accommodate the different jumping reach from one athlete to another. Pin the two top sections in places using a locking pin as was completed in the bottom section.
4. Drill a hole through the very top section of the 1" pipe and attach a threaded hook through this hole and secure it with a washer and nut. The two sides of the prop are now complete.



5. Drive each side of the prop assembly into the ground on either side of the jumping pit as deeply as possible by removing the bottom insert and driving it down as close to the 16" mark as possible. We have found that it will work equally as well on the outside of the pit as it will on the inside of most pits. Reassemble the bottom portion to the rest of the prop and lock with the locking pin. Attach a cord from one eye hook to the one on the opposite of the pit and tie it off with minimal slack. We use a very oversized very fake laminated MILLION DOLLAR BILL hanging from the middle of the cord and in the middle of the jump lane. Anything that would be motivational to your athletes will work. We have also tied cow bells to the sides of the props as well but that seems to be more annoying.



6. Placement of the prop at the jumping pit will depend upon the distance your athletes will jump. If the take off point is 1 meter or less from the front of the pit, we generally place the prop about 1 to 1 ½ meters back from the front of the pit.



This photo shows the finished product in temporary supports on grass. We were unable to use a pit on this day because all of them at the high schools were flooded from rains the previous day.