

LIIT Performance Series - Jump Meet

Sanctioned by Athletics Nova Scotia

Date: Sunday, August 12, 2018

Location: Metropolitan Field, Lower Sackville, NS

Registration: TrackieReg

Meet Directors: Adrienne Power, adrienne.power@olympian.org - Peter Lord, ptlord@yahoo.com



Have you ever wondered if you were at your top-end speed on your last attempt? How much speed you lost at take-off? What was the distance for each of your phases? LIIT Performance Series meets are designed to give a sanctioned meet opportunity, but also provide performance metrics & analytics to help you build a plan to bridge the gaps to improved performances. The series will be held at critical evaluation points in the training cycle (beginning and end of the outdoor season) to identify gaps/strengths and evaluate training success. Join us for the first jumps meet and begin to collect valuable data to unlock your potential.

Tentative Schedule (final schedule will be released after registration deadline)

Time	Event
12:30	Women's - HJ
	Men's - LJ
2:00	Men's - HJ
	Women's - LJ
3:30	Women's/Men's - TJ

As a value-added feature to this meet, horizontal jumpers will receive the following event specific performance metrics & analysis:

- Maximum speed on the runway and at take-off
- The percentage of maximum speed taken into the take-off
- Correlation between runway speed and distance jumped
- Total distance from take-off to landing (i.e. adjusted for position relative to the board fault line)
- Phase distances and percentage of total distance in the triple jump
- There will be an opportunity to test their speed prior to the event (photocell timing)

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