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**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"