



Athletics Datasheets

Standard Single Long Jump Runway Specification

- Excavate for runway size 30m long x 1.22m wide x 150mm deep with sufficient clearance for form work and dispose of the spoil off site unless agreed otherwise.
- Consolidate the base of the excavation.
- Supply and lay 50mm depth of levelled and rolled sharp sand to the base of excavation.
- Fix temporary side forms around the perimeter of the intended slab, the internal dimensions as above.
- Supply and lay approved DPM or 1000g polythene over the sand bed, overlapping and taping any joints.
- Position galvanised foundation trough for long jump (note: additional troughs may be required for triple jump at extra cost where specified).
- Supply and fit steel reinforcing mesh.
- Supply and lay concrete to form a slab 100mm thick, tamp and screed off level from the framework.
- When slab has cured sufficiently, remove formwork and backfill neatly back to slab, firming in well and lightly rake in the grass seed.
- Supply and fit synthetic rubber athletics surfacing to the concrete base (and to removable blanking boards if triple jump troughs specified).
- Supply and fit removable take-off board.
- Hand over no jump indicator and plasticine strips to client.

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