



# World Records: High Jump

Men: Javier Sotomayor (Cuba)  
27 July 1993 (Salamanca, Spain)  
2.45 m (8ft 2.5 in)

Women: Stefka Kostadinova (Bulgaria)  
30 August 1987 (Rome, Italy)  
2.09 m (6 ft 10.28 in)

Measure these world record distances on a wall in the playground. Imagine being able to jump that high!

Have a jumping competition with your class:

- What will you use to jump over?
- How many jumps will each person have?
- What rules will you decide on to keep things safe and fair?

Happy measuring!

