



Valérie ADAMS 19,65m 27-02-2021 Waitakere

**PREPARATION
PHASE**

**STARTING
POSITION 1**

Move onto the right leg

**STARTING
POSITION 2**

**Trunk starts bending
Left leg extending back**





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PREPARATION PHASE

Trunk starts bending
Left leg extending back

STARTING POSITION 3

Left leg coming back under the trunk



PREPARATION PHASE

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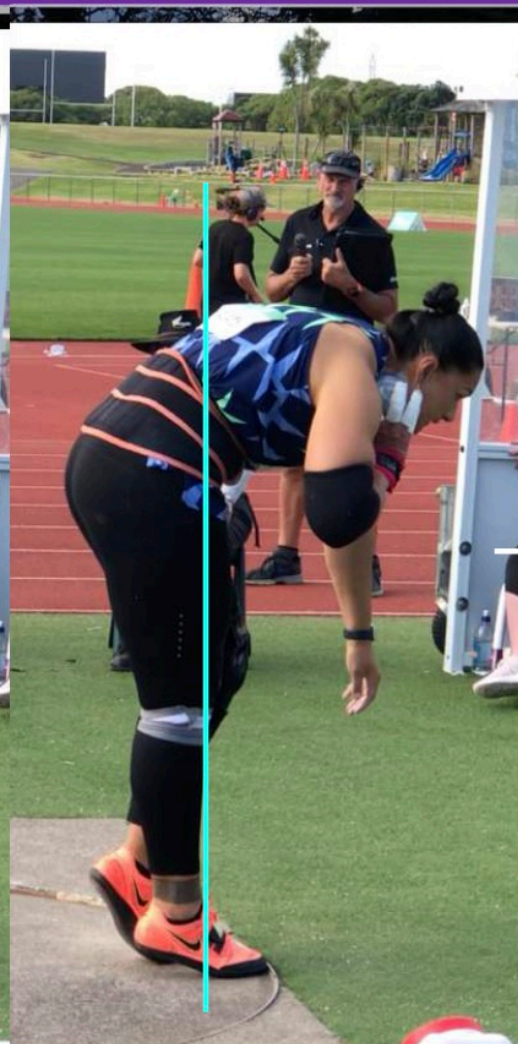
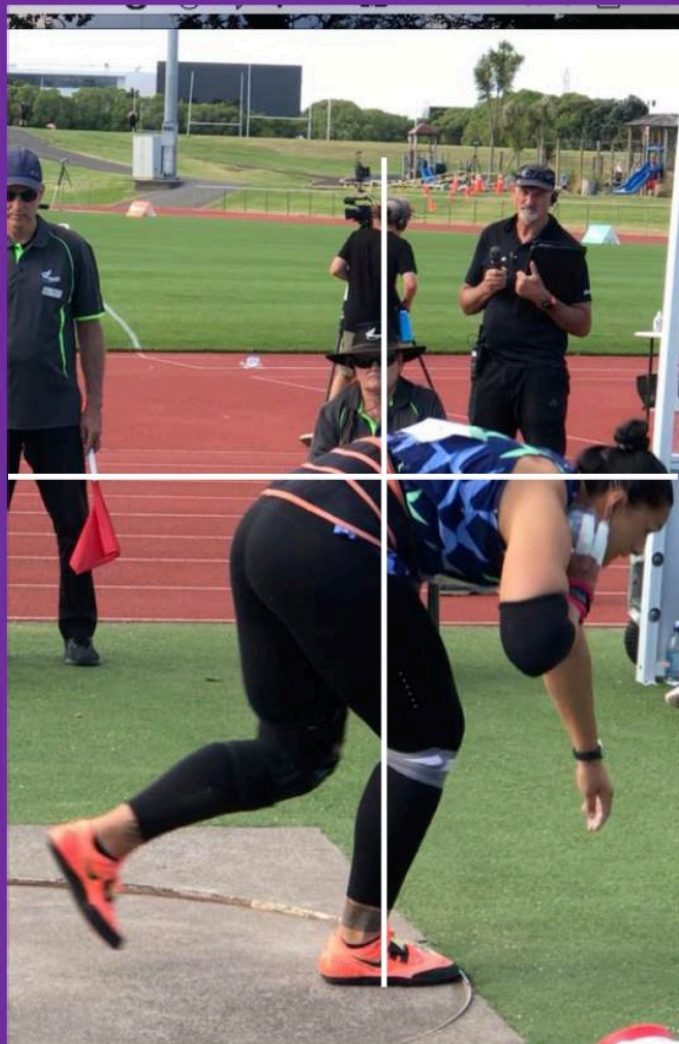
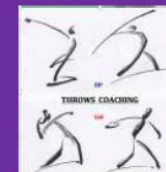
THE GLIDE

Left leg coming back under the trunk

Up rising on the right leg "Timmermann start"

STARTING POSITION 4 "Crouch"

Extension of the left leg



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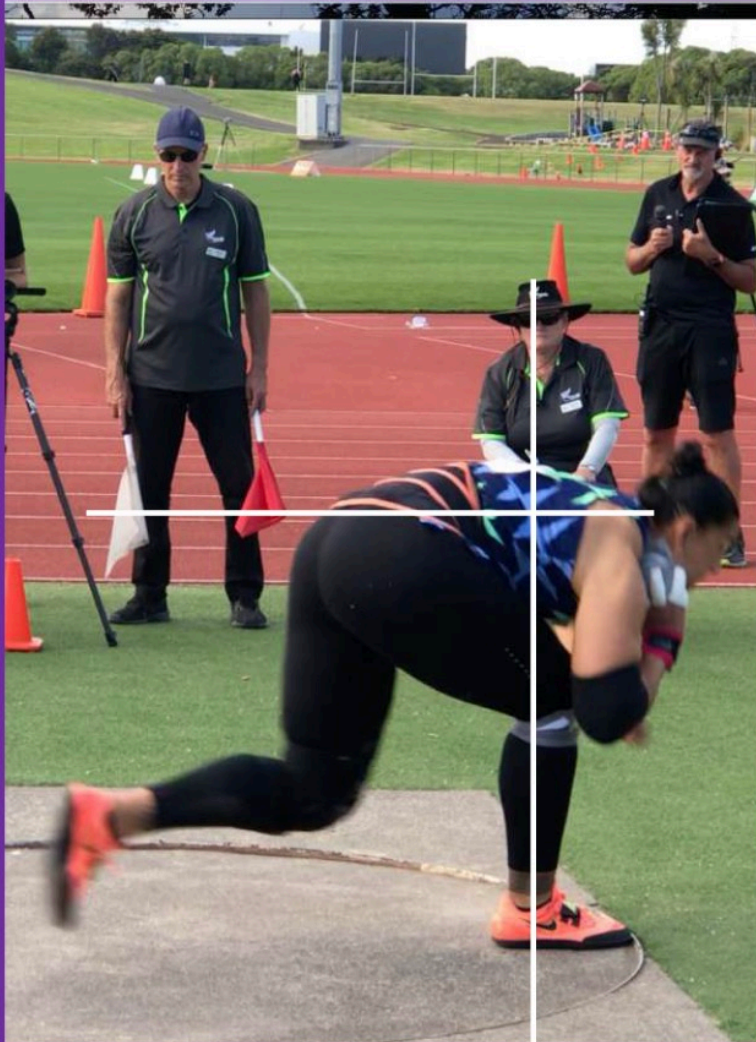
THE GLIDE



Extension of the left leg

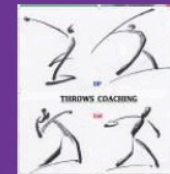
"Roll on heel" start

Full extension of both legs



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THE GLIDE



SUSPENSION

POWER POSITION

left foot landing

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