**Long Jump & High Jump**

**Men's World Record Progression**

### Long Jump

- **Record Date:** 2013-08-11
- **Distance:** 8.90 meters
- **Athlete:** Mike Powell

### High Jump

- **Record Date:** 1968-08-18
- **Height:** 2.24 meters
- **Athlete:** Bob Beamon

---

**Sources:**
- [http://wiki.Men%27s_high_jump_world_record_progression](http://wiki.Men%27s_high_jump_world_record_progression)

---

**Historical Context:**

- The long jump and high jump were both included in the first modern Olympic Games in 1896.
- The long jump has been a staple event in track and field since its inception, with athletes using a variety of techniques to achieve the greatest distance.

---

**Technique Notes:**

- The Fosbury Flop, introduced by Robert E. Fosbury in 1960, revolutionized the high jump by allowing athletes to clear the bar without making physical contact.
- In the long jump, athletes use a variety of techniques, including the hop, step, and jump, to achieve the greatest distance possible.

---

**Additional Information:**

- The men's long jump world record is held by Mike Powell, with a jump of 8.90 meters recorded in 2013.
- The men's high jump world record is held by Bob Beamon, with a jump of 2.24 meters recorded in 1968.

---

**Table of World Records:**

<table>
<thead>
<tr>
<th>Year</th>
<th>Distance (m)</th>
<th>Athlete</th>
</tr>
</thead>
<tbody>
<tr>
<td>2013</td>
<td>8.90</td>
<td>Mike Powell</td>
</tr>
<tr>
<td>1968</td>
<td>2.24</td>
<td>Bob Beamon</td>
</tr>
</tbody>
</table>

---

**Additional Reading:**

- [http://wiki.Long_jump_world_record_progression](http://wiki.Long_jump_world_record_progression)