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RESEARCH NOTE



DIFFERENCES BETWEEN BEST GREEK AND EUROPEAN ATHLETES IN HORIZONTAL JUMPS

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ABSTRACT Greek athletes' performances in horizontal jumps have improved recently, in comparison with the performances of the European athletes. The purpose of this study was to ascertain if this improvement is real and totally represents Greek athletes or concerns isolated cases. Each year's best performance of the eight top Greek and European athletes was used for the quinquennium 2001-2005. Repeated measures ANOVA 2 X 5 (group X time) showed that Greek athletes' performances were significantly lower compared with those of the Europeans. In long jump the Greek athletes' performances spread approaching the Olympic Games of 2004, in contrast with triple jump. Also, unlike Greek athletes, the European athletes' performances decrease two years before the Olympic Games in both events. Better planning of Greek athletes' training and better injuries' prevention and rehabilitation, would help the improvement of their performances, especially at Olympic Games' periods.

Key words: Long jump, Triple jump, Performances.

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