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Understanding Ski Jumping: An Overview

Ski jumping is a thrilling winter sport where athletes descend a steep

ramp at high speeds, leap into the air, and aim to land the longest jump possible

before gliding to the finish line. But how are these impressive feats measured

and scored?

The Measurement of Ski Jumps: K-Point and Beyond

In ski jumping competitions, judges measure jumps from the takeoff to a

reference point called the "K-point," which indicates the assessment

location for the distance covered by the athlete. The following table illustrates

the relationship between jump distance (in meters), K-point, and maximum landing

point:

Distance (m)	K-Point	Max. Landing Point
50	34	58
70	46	66
90	64	84
105	87	105