

## **HIGH JUMP – PREPARATIONS**

*(Also see detailed info in the USATF Vertical Jumps Monograph)*

### **Personal Equipment Kit**

Flags – red, white, yellow	Steel tape measure (5 m)	Level
Clipboard	Cloth tape (ft. & in - 120 ft)	Metric/Ft. & inch convrsn sheet
Rulebooks	Pens, pencils, felt marker	Plastic score sheet rain covers
Rules/instruction sheets	Adhesive tape	Safety pins
Stopwatch	Yarn/wind indicators	Multi-tool/pliers
	Orange cone	

### **Equipment From Meet Management**

Standards	Event sheets	Adhesive tape
Crossbars (2-3)	Flags - red, white, yellow	Safety pins
Measuring device	Clipboards	Water & cups
Steel tape measure (5 m)	Cloth tape measure (100 ft)	Performance board (4 digit)
Step stool/stapladder	Timing display/stopwatch	Wind indicator
Chairs/benches (6-8)	Orange cone	Palm Pilot

### **Preparations**

1. Determine from meet mgmt: Who is the Field Referee? Other HJ officials assigned? Require/waive wear of numbers? Starting height & increments? Trials/one final/ method to advance? One/several flights/5-alive? Escorts required? Who gets the results? Meet records– men & women? Warm-ups 30 or 60 min? Awards-when/where? Where is medical staff? Keep/release athletes when done? Palm pilot operator?
2. Equipment - Obtain items listed above from meet management.
3. Increments – Consider nat'l qualifying standards & records in setting opening height & increments.
4. Other officials - assign to positions; brief them on duties & rules.
5. Verify pit size& positioning. Pit minimum size: USATF - 6m wide, 4m deep, and .71m high; NCAA - 4.88 m wide, 2.44m deep, and .66m high. NCAA - All sections fastened together, common cover. (2-5.1; 181.19). At least 10cm separation between standards and the pad to avoid displacement of the crossbar by movement of the pit. (181.10)
6. Apron/Runway: at least 15m long; length of approach run is unlimited (1-4.1) (180.16)
7. Standards: Set 4m apart from each other, at least 2 cm from pads (2-6.2, 181.13) Mark placement on the ground. Ensure standards are level w/each other and have 1 cm gap between end pieces and standards.
8. Indicator Line: Place a white line (tape) matching the line of the front side of the crossbar, extending from standard to standard, plus 3 m on the outside of each standard (181.15)
9. Crossbars - At least 2 bars: align & mark end pieces - "LF", "RF", draw lines on bar & end pieces; number each bar (6-5-1). Max sag: 2cm (2-5.6, 181.12). End space between bar ends and standards – 1cm (181.17)
10. Measuring device - set & measure for the opening height. Place competition bars on standards and measure each at the opening height, note differences.
11. Sweep the apron/runway. Move objects away from all sides of the pit for safety.
12. Set up performance board, wind indicators, timing display, and chairs & benches for athletes and officials.
13. Warm-ups - Determine and announce start and end times.
14. Check-in all athletes (NCAA - must report in before 1<sup>st</sup> competitive vault occurs). Get opening heights. Check uniforms and competition numbers.
15. Records - note meet and other records (must use a steel tape for records).
16. Inclement weather-determine if conditions are unsafe; if so suspend competition notify Field Referee
17. Brief the athletes on the rules and competition procedures (see Rules & Briefing Sheet).