

HIGH SCHOOL POLE VAULT INSTRUCTIONS

INSTRUCTIONS PRIOR TO WARMUPS

1. Competitors may not possess any electronic devices while in the competitive area. This includes, but is not limited to, cell phones, digital cameras, camcorders, radios, CD/DVD players, and walkie-talkies. Please remove any such devices from the competitive area now. Competitors may not view images from any device during warm-up or competition.
2. Competitors may not wear jewelry in the competitive area during warm-ups or competition. If you were not born with it, it's jewelry. Please remove all jewelry now.
3. Before each jump, show the flight coordinator your pole and its markings to verify proper weight rating.
4. We expect you to display good sportsmanship – no inappropriate language or behavior or taunting; any of these may be the basis for disqualification.
5. Explain runway marker limitations.
6. You may (or may not) borrow the pole of other competitors.

INSTRUCTIONS PRIOR TO COMPETITION

1. When you step on to the runway to begin your attempt, you must be in the correct uniform.
2. If you need to leave the area to compete in another event, or for any reason, I must excuse you. Tell me when you leave and when you return. If you are excused, I'll skip over your name when it comes up in the rotation. If you leave the area without being excused by me, I'll call your name, wait the appropriate time, and give you a failed attempt. Don't assume I see you when you return, make sure you tell me you are back and I'll put you back in the rotation. You will resume vaulting at whatever height the bar is at when you return.
3. Standard settings are from 40-80cm (15.5 - 31.5"). If you want to change your setting, tell me before I call you up. If you change it after I call you up, I'll move the standards but it will be on your time.
4. I'll call the next 3 vaulters as "UP", "ON-DECK", and "ON-HOLD". I will then verify your standard setting back to you and call you "UP". When I call you up, you will have 90 seconds to start your attempt. Since there is no visible countdown timer, I will raise a yellow flag when you have 15 seconds remaining.
5. If you wish to pass any attempt, you must tell me before I call you up. After passing 3 heights you may take a run-through.
6. Before each jump, show the flight coordinator your pole and its markings to verify proper weight rating.
7. The opening height is _____, with _____ vaulters at that height. First up is _____ followed by _____. (Explain 5 alive procedure if necessary). The height progressions will be: _____.
8. Explain the rules regarding leaving the ground in an aborted run-up vs. an aborted attempt & breaking the plane.