

POLE VAULT – PREPARATIONS

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

Personal Equipment Kit

Flags – red, white, yellow	Pens, pencils, felt marker	Orange cone
Clipboard	Adhesive tape	Plastic score sheet rain covers
Rulebooks	Yarn/wind indicators	Safety pins
Rules/instruction sheets	Metric/Ft. & inch convrsn sheet	Bungee cords & rods
Stopwatch	Wooden shims	Multi-tool/pliers
Steel tape (10 m)	Plumb bob & line	Hip numbers (9-15)
Cloth tape (120 ft)	Levels (regular & hanging)	

Equipment From Meet Management

Standards	Flags - red, white, yellow	Pole rack
Standards extenders	Clipboards	PA system
Crossbars (2-3)	Cloth tape (120 ft)	Performance boards (2 digit, 4 digit)
Bar lifters (2)	Timing display/stopwatch	Wind indicator
Measuring device	Orange cone	Palm Pilot
Chairs & benches	Adhesive tape	Chalk dish & chalk
Event sheets	Steel tape (10 m)	Water, cups, & trash can

Preparations

1. Equipment - Obtain items listed above from meet management.
2. Determine from meet mgmt: Who is the Field Referee? Other PV officials assigned? Which pit & runway to use – 1 hour before event start (3-2q)? Who has the event sheets? Who gets the results? Require/waive wear of numbers? Starting height & increments? Trials/one final/ method to advance? One/several flights/5-alive? Meet records–men & women? Warm-ups 60 or 90 min? Where is medical staff? Escorts required? Keep/release athletes when done? Awards-when/where? Palm pilot operator? Athlete introductions? Runway markers furnished?
3. Verify pit size, reposition pit & collar as needed. Pegs: 55mm long; distance between - 4.30-4.37m (NCAA - 2-6.3; USATF - 181.18) Pit: Behind the box – min. 6m wide, 5m deep, .81m high; beside & in front of the box – min. 6 m wide, 1.5m from back of box toward runway. Back of cutout -10-15cm from box (2-6.1; 181.20). NCAA - All sections fastened together, common cover; collar if needed 5-10 cm wide
4. Clean out the box. Sweep the runway, remove all old marks. Move objects away from all sides of the pit.
5. Runway: min. 40m long (1-5.2) (180.16) (USATF chmps – 45m). Measure, mark runway lines near box. NCAA: 7 marks 2 x 12 in, every 12 in, large mark at 12 ft (1-5.3); USATF: 1.5-4.5m, every 15 cm (180.16); tape down tape measure along edge of runway.
6. Standards - zero to the back of the box, and mark (tape) for placement. Level standards vertically; use shims as necessary; are standards level w/each other? Set or mark indicator tape for standard settings.
7. Crossbars - At least 2 bars: align & mark end pieces - “L”, “R”, draw lines on bar & end pieces; number each bar (6-6.1). Max sag: 3cm (2-6.5, 181.12).
8. Measuring device - set & measure for the opening height. Place competition bars on pegs and measure each at the opening height, note differences. Note the reading for each standard on event sheets.
9. Set up performance boards (1 for height; 1 for standard settings), wind indicators, timing display, chairs & benches for athletes and officials, and chalk dish.
10. Venue set-up – Try to visualize the flow of the competition and then place items and people so they don't interfere with that flow (see the “Pole Vault Venue Diagram” in the Best Practices library).
11. Other officials - assign to positions; brief them on duties & rules.
12. Increments – Consider nat'l qualifying standards & records in setting opening height & increments.
13. Warm-ups - Determine and announce start and end times.
14. Check-in all athletes (NCAA - must report in before 1st competitive vault occurs). Ask for their standard settings and starting height, record on the event sheet. Check uniform 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 athletes on the rules and competition procedures (see Rules & Briefing Sheet)