# POLE VAULT – PREPARATIONS

## Personal Equipment Kit

- Flags – red, white, yellow
- Clipboard/Weather Writer
- Rule books
- Best Practice rules/instr sheets
- Pens, pencils, felt marker
- Metric/Ft. & inch convertn sheet
- Stopwatch
- Poles
- Tire chocks
- Safety belt
- Water
- Chalk & chalk dish
- Sunscreen
- Electronic reading device
- Portable PA system
- Chalk dish & chalk
- Safety pins
- Plastic score sheet rain covers
- Safety pins
- Plastic score sheet

## Equipment From Meet Management

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
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<tbody>
<tr>
<td>Flags - red, white, yellow</td>
<td>Crossbars (2-3)</td>
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<tr>
<td>Event sheets</td>
<td>Measuring device</td>
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<tr>
<td>Clipboards</td>
<td>Chairs &amp; benches</td>
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<tr>
<td>Timing display/stopwatch</td>
<td>Orange cone</td>
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<tr>
<td>Steel tape 10m; fiber tape 120’</td>
<td>Bar lifters (2)</td>
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<tr>
<td>Standards</td>
<td>Pole rack</td>
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<tr>
<td>Standards extenders</td>
<td>Athletic tape</td>
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<tr>
<td>Portable PA system</td>
<td>Safety pins</td>
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<tr>
<td>Performance boards (2 &amp; 4 digits)</td>
<td>Wind indicator</td>
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<tr>
<td>Electronic recording device</td>
<td>Chalk dish &amp; chalk</td>
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<tr>
<td>Water, cups, &amp; trash can</td>
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1. **Equipment** - Obtain items listed above from meet management.
3. **Landing pad**: Verify size, reposition pit & collar as needed. **Pit**: Behind the box – min. 6m wide, 5m deep – 81m high; beside & in front of the box – min. 6m wide, 1.5m from back of box toward runway. Back of cutout -10-15cm from box. NCAA - All sections fastened together, common cover; box collar meeting ASTM standard (2-7.1, 181.19).
4. **Runway**: min. 40m long (1-5.2; 180.19) (USATF championships – 45m). Affix tape measure along side of runway for warm-ups & competition.
5. **Standards – Pegs**: 55mm long; distance between - 4.30-4.37m (2-7.4; 181.17) Ensure zero is aligned with the back of the box; mark placement of standards bases. Level standards vertically in both axes; use shims as necessary; ensure standards are level w/each other. Ensure travel from 0-80. Set/mark indicator tape for standard settings, using the back edge of the standards as the reference point.
6. **Crossbars**: Prepare 2-4 bars; align & mark end pieces - “L”, “R”; draw alignment lines on bar & end pieces; measure & mark center of bars; number each bar. Maximum sag: 3cm (2-7.5, 181.11,13).
7. **Extenders & Pegs**: Ensure proper pegs: 55 or 76mm. Determine if extenders are needed; if so, attach them but remove as soon as practical. Place bar on top pegs as soon as practical during competition.
8. **Measuring device**: calibrate the device/laser; set & measure bar for the opening height. Note the reading for each standard on event sheets.
9. **Clean out the box**: Sweep the runway, remove all old marks. Remove objects from all sides of the pit.
10. **Indicator (zero) line**: Place a white tape line in line with the back of the box, from standard to standard; and a similar line on the landing pad from the box to both outer edges. (181.14(b)) The front of the crossbar should align with the front of the zero line.
11. **Set up** performance boards (1 for height; 1 for standard settings), wind indicator, timing display, chairs & benches for athletes and officials, and chalk dish.
12. **Venue set-up**: Visualize the flow of the competition, then place items and people so they don’t interfere with the flow & coaches’ sight lines (see the Best Practices “Pole Vault Venue & Assignments”).
13. **Other officials**: assign to positions; brief them on duties & rules.
14. **Increments**: If not set by meet management, consider national qualifying standards & records in setting opening height & increments.
15. “Cheat sheet” – create for Pit Boss with increments, measured & scale heights, plus extenders & pegs
16. **Warm-ups**: Determine and announce start and end times; announce remaining time during warm-ups.
17. Check-in all athletes (NCAA - must report in before 1st competitive vault occurs). Ask for their standard settings and starting height (passes). Check uniform, competition numbers, and spikes.
18. **Records**: note meet and other records (must use a steel tape or electronic device for records).
19. **Inclement weather**: determine if conditions are unsafe; if so suspend competition, notify Field Referee
20. **Brief athletes** on the rules & competition procedures (see Best Practices “PV Instructions & Rules” sheet)

PV Preparations, USATF Best Practices, Sep 18 (Credit: R. Schornstein)