

5-Alive Overview

- The '5-alive' theory is used to stage Pole Vault (and High Jump) competitions by rotating in the eligible jumpers in active groups of 5 so not too much time is taken between jumps.
- The following slides demonstrate the steps taken in integrating this into a High Jump competition.

Meet: _____ 5 Alive Invitational _____ Date: _____ 2008 _____ HJ PV B G Both

Spec: _ The goal of this is to 'rotate' the competing athletes in the jumps (HJ, PV) so that there are 5 active competitors at all times.

Competitor Name	4'4"	4'6"	4'8"
Competitor A	O		
Competitor B	X		
Competitor C	X		
Competitor D	X		
Competitor E	X		
Competitor F	X		
Competitor G			
Competitor H			
Competitor I			
Competitor J			

A competition has 10 athletes jumping at a specific height. (Their 'names' are A thru J)
First 5 are active.

'A' clears the height, they are now 'inactive' until the next height.

To keep 5 active, 'F' is rotated in
The 5 active jumpers are:
'B', 'C', 'D', 'E', 'F'

Everyone else misses. The sheet looks like this.

While additional jumpers remain at this height, the fact that 5 remain active (alive) means that no additional jumper will be included for the time being.

You now restart the second attempts for the active group

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Competitor A	O		
Competitor B	XO		
Competitor C	XX		
Competitor D	XO		
Competitor E	XX		
Competitor F	XO		
Competitor G	X		
Competitor H	X		
Competitor I	X		
Competitor J			

This time B, D, and F clear.

At the end of this Round, you would have rotated in 3 additional jumpers to fill the slots.
(These 3 jumpers all miss.)

Your sheet now looks like this

Recap

You have 5 active jumpers ('C', 'E', 'G', 'H', 'I')

4 who have cleared ('A', 'B', 'D', 'F')

1 who has not jumped at this height (J)

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Competitor A	O		
Competitor B	XO		
Competitor C	XXO		
Competitor D	XO		
Competitor E	XXP		
Competitor F	XO		
Competitor G	XO		
Competitor H	XO		
Competitor I	XX		
Competitor J	X		

E passes their third attempt

C,G and H clear in this Round.

J rotates in and misses their attempt

Here is your sheet:

Recap

8 jumpers have advanced
('A', 'B', 'C', 'D', 'E' (via passing), 'F', 'G', 'H')

I and J remain at this height (I with 1 attempt remaining, J with 2)

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Competitor A	O		
Competitor B	XO		
Competitor C	XXO		
Competitor D	XO		
Competitor E	XXP		
Competitor F	XO		
Competitor G	XO		
Competitor H	XO		
Competitor I	XXX		
Competitor J	XO		

'I' Misses and exits the competition

'J' Makes their Attempt

The bar is raised.

Recap

There are 9 competitors remaining.
('A', 'B', 'C', 'D', 'E', 'F', 'G', 'H' and 'J')

The next height begins with the same 5 competitors as the first
('A', 'B', 'C', 'D', 'E')