

Pole Vault Tips

(Dual Meet Perspective)

- Arrive at least 45 min before the start of the meet
- Check in with the referee – verify any changes, starting heights
- Get clipboard, tape and score sheets – be ready to use your own if they are not available
- Keep Rule Book handy at all times – mark PV section

Venue

Inspection

- All Concrete / Asphalt areas covered with 2” pad(minimum)
- Test movement of standards (up and down, back and forth)
- Make sure no objects in vaulting area
- All mats joined by a single cover
- No holes in runway
- Report any problems to Referee

Preparation

- Collar max 3” between stopboard top and pad
- Set your ‘0’ point – vertical point
- Measure and mark 15.5” and 31.5” (use athletic tape)
- Find at least 2 crossbars
- Locate bar ‘lifters’ – or bring your own

Check In

- Get PV weight sheet (1 per team/gender) signed by coach
- Compare with each athlete
- Sign and date valid poles
 - (look at Web site for valid / invalid examples)
- Set up score sheet – lowest to highest
 - (if boys and girls, girls first)
- Once poles are approved allow warm-ups
 - Limit to 2 (use judgement)

Rules – Running the Event

- After warm-ups gather all
- Welcome to event
- Jewelry rule / school issues uniforms
- No taping or recording
- Starting heights / increments
- Explain zero point if necessary
- Explain what constitutes a foul
- Set standards – have 90 seconds to jump
- Based on number in event may have 5 alive
- Advise if going to another event – bar will not be lowered
- Get each athletes starting height or ‘stay’
- Running the event
- Get help to raise bar / set standards
- (if latter – check each time)
- Keep jumpers moving
- Try to get them to get jumps in before they leave
- (early in rotation)
- Work with the athletes if they have multi-events
- Merge boys group when girls reach boys starting height
- Athlete Safety
- Keep all away from front of jumping area
- Move to back of runway when done
- Be close to pit in case a jumper loses control
- (push to pit)
- Official Safety
- Pay attention for broken poles
- Pay attention to flying poles, crossbars
- Myths, Legends and Folklore
- Running out of the pit
- Grabbing the pole

Closing

- Do not fear the event
- Be prepared
- Web site contains all the documents we have referred to
- Good luck!