Polevolt

Pole vaulting , also known as pole jumping, is a track and field event in which an athlete uses a long and flexible pole, usually made from fiberglass or carbon fiber , as an aid to jump over a bar. Pole jumping competitions were known to the ancient Greeks , Cretans and Celts. It has been a full medal event at the Olympic Games since for men and since for women. It is typically classified as one of the four major jumping events in athletics , alongside the high jump , long jump and triple jump. It is unusual among track and field sports in that it requires a significant amount of specialised equipment in order to participate, even at a basic level. A number of elite pole vaulters have had backgrounds in gymnastics , including world record breakers Yelena Isinbayeva and Brian Sternberg , reflecting the similar physical attributes required for the sports. Physical attributes such as speed, agility and strength are essential to pole vaulting effectively, but technical skill is an equally if not more important element. The object of pole vaulting is to clear a bar or crossbar supported upon two uprights standards without knocking it down. Poles were used as a practical means of passing over natural obstacles in marshy places such as the province of Friesland in the Netherlands, along the North Sea , and the great level of the Fens in England across Cambridgeshire , Huntingdonshire , Lincolnshire and Norfolk. Artificial draining of these marshes created a network of open drains or canals intersecting each other. To cross these without getting soaked, while avoiding tedious roundabout journeys over bridges, a stack of jumping poles was kept at every house and used for vaulting over the canals. Distance pole vaulting competitions continue to be held annually in the lowlands around the North Sea. These far-jumping competitions Frisian : Fierljeppen are not based on height. GutsMuths and Friedrich L. In Great Britain , it was first practiced at the Caledonian Games. Initially, vaulting poles were made from stiff materials such as bamboo or aluminum. The introduction of flexible vaulting poles in the early s made from composites such as fiberglass or carbon fiber allowed vaulters to achieve greater height. In , IAAF rule This rule was not applied retroactively, [7] With many indoor facilities not conforming to outdoor track specifications for size and flatness, the pole vault is the only world record set indoors. Today, athletes compete in the pole vault as one of the four jumping events in track and field. Because the high jump and pole vault are both vertical jumps, the competitions are conducted similarly. Each athlete can choose what height they would like to enter the competition. Once they enter, they have three attempts to clear the height. If a height is cleared, the vaulter advances to the next height, where they will have three more attempts. Once the vaulter has three consecutive misses, they are out of the competition and the highest height they cleared is their result. A "no height", often denoted "NH", refers to the failure of a vaulter to clear any bar during the competition. Once the vaulter enters the competition, they can choose to pass heights. If a vaulter achieves a miss on their first attempt at a height, they can pass to the next height, but they will only have two attempts at that height, as they will be out once they achieve three consecutive misses. Similarly, after earning two misses at a height, they could pass to the next height, when they would have only one attempt. The competitor who clears the highest height is the winner. If two or more vaulters have finished with the same height, the tie is broken by the number of misses at the final height. If the tied vaulters have the same number of misses at the last height cleared, the tie is broken by the total number of misses in the competition. If there is still a tie for first place, a jump-off occurs to break the tie. Marks achieved in this type of jump-off are considered valid and count for any purpose that a mark achieved in a normal competition would. If a tie in the other places still exists, a jump-off is not normally conducted, unless the competition is a qualifying meet, and the tie exists in the final qualifying spot. In this case, an administrative jump-off is conducted to break the tie, but the marks are not considered valid for any other purpose than breaking the tie. A jump-off is a sudden death competition in which the tied vaulters attempt the same height, starting with the last attempted height. If both vaulters miss, the bar goes down by a small increment, and if both clear, the bar goes up by a small increment. A jump-off ends when one vaulter clears and the other misses. Each vaulter gets one attempt at each height until one makes and one misses. The equipment and rules for pole vaulting are similar to the high jump. Unlike high jump, however, the athlete in the vault has the ability to select the horizontal position of the bar before each jump and can place it a distance beyond the back of the box , the metal pit that the pole is placed into immediately before takeoff. The range of distance the vaulter may place the standards varies depending on the level of competition. If the pole used by the athlete dislodges the bar from the uprights, a foul attempt is ruled, even if the athlete has cleared the height. An athlete does not benefit from quickly leaving the landing pad before the bar has fallen. The exception to this rule if the vaulter is vaulting outdoors and has made a clear effort to throw the pole back, but the wind has blown the pole into the bar; this counts as a clearance. This call is made at the discretion of the pole vault official. If the pole breaks during the execution of a vault, it is considered an equipment failure and is ruled a non-jump, neither a make nor a miss. Other types of equipment failure

include the standards slipping down or the wind dislodging the bar when no contact was made by the vaulter. Each athlete has a set amount of time in which to make an attempt. The amount of time varies by level of competition and the number of vaulters remaining. If the vaulter fails to begin an attempt within this time, the vaulter is charged with a time foul and the attempt is a miss. Poles are manufactured with ratings corresponding to the vaulter's maximum weight. As a safety precaution, some organizations forbid use of poles rated below the vaulter's weight. Therefore, two poles rated at the same weight are not necessarily the same stiffness. Pole stiffness and length are important factors to a vaulter's performance. Therefore, it is not uncommon for an elite vaulter to carry as many as ten poles to a competition. The effective length of a pole can be changed by gripping the pole higher or lower in relation to the top of the pole. The left and right handgrips are typically a bit more than shoulder width apart. Poles are manufactured for people of all skill levels and body sizes, with lengths between 3. Each manufacturer determines the weight rating for the pole and the location of the maximum handhold band. Speed is an essential element to high jumps. Competitive pole vaulting began using solid ash poles. As the heights attained increased, bamboo poles gave way to tubular aluminum , [8] which was tapered at each end. Today's pole vaulters benefit from poles produced by wrapping pre-cut sheets of fiberglass that contains resin around a metal pole mandrel, to produce a slightly curved pole that bends more easily under the compression caused by an athlete's take-off. The shape of the fiberglass sheets and the amount of fiberglass used is carefully planned to provide the desired length and stiffness of pole. Different fiber types, including carbon-fiber, are used to give poles specific characteristics intended to promote higher jumps. In recent years, carbon fiber has been added to the commonly used E-glass and S-glass materials to create a lighter pole. As in the high jump , the landing area was originally a heap of sawdust or sand where athletes landed on their feet. As technology enabled higher vaults, mats evolved into bags of large chunks of foam. Today's high-tech mats are foam usually 1â€"1. Mats are growing larger in area as well to minimize risk of injury. Proper landing technique is on the back or shoulders. Landing on the feet should be avoided, to eliminate the risk of injury to the lower extremities, particularly ankle sprains. Rule changes over the years have resulted in larger landing areas and additional padding of all hard and unyielding surfaces. The pole vault crossbar has evolved from a triangular aluminum bar to a round fiberglass bar with rubber ends. This is balanced on standards and can be knocked off when it is hit by a pole vaulter or the pole. Rule changes have led to shorter pegs and crossbar ends that are semi-circular. Although many techniques are used by vaulters at various skill levels to clear the bar , the generally accepted technical model can be broken down into several phases:. During the approach the pole vaulter sprints down the runway in such a way as to achieve maximum speed and correct position to initiate takeoff at the end of the approach. Top class vaulters use approaches with 18 to 22 strides, often referred to as a "step" in which every other foot is counted as one step. The run-up to the vaulting pit begins forcefully with the vaulter running powerfully in a relaxed, upright position with knees lifted and torso leaning very slightly forward. The head, shoulders and hips are aligned, the vaulter increasing speed as the body becomes erect. The tip of the vaulting pole is angled higher than eye level until three paces from takeoff, when the pole tip descends efficiently, amplifying run speed as the pole is planted into the vault box. The faster the vaulter can run and the more efficient their take-off is, the greater the kinetic energy that can be achieved and used during the vault. The plant and take off is initiated typically three steps out from the final step. Vaulters will usually count their steps backwards from their starting point to the box only counting the steps taken on the left foot vice versa for left-handers except for the second step from the box, which is taken by the right foot. For example; a vaulter on a "ten count" referring to the number of counted steps from the starting point to the box would count backwards from ten, only counting the steps taken with the left foot, until the last three steps taken and both feet are counted as three, two, one. These last three steps are normally quicker than the previous strides and are referred to as the "turn-over". The goal of this phase is to efficiently translate the kinetic energy accumulated from the approach into potential energy stored by the elasticity of the pole, and to gain as much initial vertical height as possible by jumping off the ground. The plant starts with the vaulter raising their arms up from around the hips or mid-torso until they are fully outstretched above the head, with the right arm extended directly above the head and the left arm extended perpendicular to the pole vice versa for left-handed vaulters. At the same time, the vaulter is dropping the pole tip into the box. On the final step, the vaulter jumps off the trail leg which should always remain straight and then drives the front knee forward. As the pole slides into the back of the box the pole begins to bend and the vaulter continues up and forward, leaving the trail leg angled down and behind. The swing and row simply consists of the vaulter swinging the trail leg forward and rowing the pole, bringing the top arm down to the hips, while trying to

keep the trail leg straight to store more potential energy into the pole, the rowing motion also keeps the pole bent for a longer period of time for the vaulter to get into optimum position. Once in a "U" shape the left arm hugs the pole tight to efficiently use the recoil within the pole. The goal is to carry out these motions as thoroughly and as quickly as possible; it is a race against the unbending of the pole. Effectively, this causes a double pendulum motion, with the top of the pole moving forward and pivoting from the box , while the vaulter acts as a second pendulum pivoting from the right hand. This action gives the vaulter the best position possible to be "ejected" off the pole. The swing continues until the hips are above the head and the arms are pulling the pole close to the chest; from there the vaulter shoots their legs up over the cross bar while keeping the pole close. The extension refers to the extension of the hips upward with outstretched legs as the shoulders drive down, causing the vaulter to be positioned upside down. This position is often referred to as "inversion". While this phase is executed, the pole begins to recoil, propelling the vaulter quickly upward. The hands of the vaulter remain close to the body as they move from the shins back to the region around the hips and upper torso. The turn is executed immediately after or even during the end of the rockback. Typically the vaulter will begin to angle their body toward the bar as the turn is executed, although ideally the vaulter will remain as vertical as possible. A more accurate description of this phase of the vault may be "the spin" because the vaulter spins around an imaginary axis from head to toe. This is often highly emphasized by spectators and novice vaulters, but it is the easiest phase of the vault and is a result of proper execution of previous phases. This phase mainly consists of the vaulter pushing off the pole and releasing it so it falls away from the bar and mats. As the torso goes over and around the bar , the vaulter is facing the bar. Rotation of the body over the bar occurs naturally, and the vaulter's main concern is making sure that their arms, face and any other appendages do not knock the bar off as they go over. The vaulter should land near the middle of the foam landing mats, or pits , face up. The "six metres club" consists of pole vaulters who have reached at least 6. Three women have cleared 5 metres. Yelena Isinbayeva was the first to clear 5. On March 2, , Jenn Suhr cleared 5. Sandi Morris cleared 5. This is a list of the first time a milestone mark was cleared. From Wikipedia, the free encyclopedia. Track and field event using a long pole as an aid to jump over a bar. Phases of pole vaulting. See also: Men's pole vault world record progression , Women's pole vault world record progression , and Men's pole vault indoor world record progression. Men [edit] Year Mark Athlete Place 5. About Track and Field. Retrieved on 25 January Huskies vault legend Brian Sternberg Sports Press NW. Retrieved on Archived from the original on 2 October Retrieved 7 September Illustrated history of the pole vault. VerSteeg, Russ. Norwich, CT: [publisher not identified]. Kate Dennison: 'It helps being a little bit crazy'. The Independent. Retrieved 25 January Berlin " PDF. Archived from the original PDF on 29 June Retrieved 17 August Retrieved 2 May Retrieved on 8 February BBC Sport. Retrieved 29 July Rio official website. Archived from the original PDF on 20 September Retrieved 28 July European Athletics. Archived from the original PDF on 18 March Retrieved 12 August Retrieved 20 February Retrieved 16 January Retrieved 31 January Retrieved 12 September Retrieved 2 October World Athletics. 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Sprints 50 m 55 m 60 m y m m m straight m m y. Running 5 km 10 km 15 km 10 mi 20 km Half marathon Marathon Ekiden Ultramarathon. GND : Pole vault , sport in athletics track and field in which an athlete jumps over an obstacle with the aid of a pole.

Originally a practical means of clearing objects, such as ditches, brooks, and fences, pole-vaulting for height became a competitive sport in the midth century. An Olympic event for men since the first modern Games in , a pole-vault event for women was added for the Olympics in Sydney , Australia. In competition, each vaulter is given three chances to clear a specified height. A bar rests on two uprights so that it will fall easily if touched. It is raised progressively until a winner emerges by process of elimination. The pole may be of any material: bamboo poles, introduced in , quickly became more popular than heavier wooden poles; glass fibre became the most effective and popular by the early s. The poles may be of any length or diameter. A slideway, or box, is sunk into the ground with its back placed directly below the crossbar see illustration. The vaulter thrusts the pole into this box upon leaving the ground. A pit at least 5 metres Requirements of the athlete include a high degree of coordination, timing, speed, and gymnastic ability. The modern vaulter makes a run of 40 metres As the stride before the spring is completed, the vaulter performs the shift, which consists in advancing the pole toward the slideway and at the same time allowing the lower hand to slip up the pole until it reaches the upper hand, then raising both hands as high above the head as possible before leaving the ground. The vaulter is thus able to exert the full pulling power of both arms to raise the body and help swing up the legs. The legs swing upward and to the side of the pole, and then shoot high above the crossbar. The body twists to face downward. Pole vault Article Media Additional Info. Print Cite verified Cite. While every effort has been made to follow citation style rules, there may be some discrepancies. Please refer to the appropriate style manual or other sources if you have any questions. 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Be on the lookout for your Britannica newsletter to get trusted stories delivered right to your inbox. Competitors vault over a 4. They seek to clear the greatest height without knocking the bar to the ground. If competitors are tied on the same height, the winner will have had the fewest failures at that height. If competitors are still tied, the winner will have had the fewest failures across the entire competition. Thereafter, a jump-off will decide the winner. Pole vaulting, originally for distance, dates back to at least the 16th century and there is also evidence it was even practised in Ancient Greece. The origins of modern vaulting can be traced back to Germany in the s, when the sport was adopted by a gymnastic association, and in the Lake District region of England, where contests were held with ash or hickory poles with iron spikes in the end. The first recorded use of bamboo poles was in The top vaulters started using steel poles in the s and flexible fibreglass, and later carbon fibre, poles started to be widely used in the late s. Tom Ray, a Cumbrian vaulter who was the 'world champion' in , used to gain several feet by climbing the pole when it was upright. Both contests were won by the US vaulter Stacy Dragila. The Ukrainian not only won six consecutive world titles between and but also set 35 world records, outdoors and indoors. However, he won only one Olympic gold medal. in All Lifestyle Performance Culture. Season Top Lists All time Top lists. Home of World Athletics. Pole Vault. Share Tweet Email. How it works Competitors vault over a 4. History Pole vaulting, originally for distance, dates back to at least the 16th century and there is also evidence it was even practised in Ancient Greece. Did you know Tom Ray, a Cumbrian vaulter who was the 'world champion' in , used to gain several feet by climbing the pole when it was upright. Sergey Bubka The Ukrainian not only won six consecutive world titles between and but also set 35 world records, outdoors and indoors. World Rankings Men's Pole Vault. Women's Pole Vault. Latest News. Next addition in Next in Play with friends Powered by Y8 Account. Help us improve. Register Log in. My Profile points. Log out. New Games Most Popular Games. Support for the Flash plugin has mo

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