

## **Pole Vault**

- Only on Thursday. If inclement weather prevents competition, we will run the event on Friday.
- Coaching – All athletes competing in the pole vault must have a coach on site to ensure that the athletes are monitored for safety and security purposes. Coaches may include: official high school teachers; or adult volunteers who have been approved by the athletes' schools.
- Minimum level of ability – All athletes must have attended at least three (3) pole vault practices with their school, or with another organization sanctioned by their school, prior to being entered in the pole vault.
- Minimum Standards – All athletes entered in the pole vault must be capable of achieving the following minimum starting heights: Male athletes (2.00m), Female athletes (1.80m)
- Poles – All athletes entered in the pole vault must use poles supplied through their school or an organization sanctioned by their school.
- Footwear – To ensure safety on the runway, all athletes entered in the pole vault must have running spikes (no longer than 6mm pyramid pins). Athletes that do not have running spikes may be prohibited from competing in cases of inclement weather.
- Depths of Standards - Athletes may request standard depths from 80cm to 40cm. Depths of less than 40cm will not be allowed.