Pole Vault Education Test
( Pass and you get a free 2 hour training session )

Recommended Reading:
- [http://www.mansfieldathletics.com/pole_vaulting/docs/the_pole_vault_pole_-_an_engineersPerspective.pdf](http://www.mansfieldathletics.com/pole_vaulting/docs/the_pole_vault_pole_-_an_engineersPerspective.pdf)
- [http://bsdweb.bsdvt.org/~pdvorak/vtweb/vtstate/vtstaterecords.htm](http://bsdweb.bsdvt.org/~pdvorak/vtweb/vtstate/vtstaterecords.htm)
- [http://www.gillathletics.com/PVNews/PicktheTip.html](http://www.gillathletics.com/PVNews/PicktheTip.html)

Vaulting Pole:
1. Which direction does the “soft” side (also known as the compression side) of the pole face when holding the pole in the plant position?
   a. Up
   b. Down

2. What are the two types of fiberglass vaulting poles made of?
   a. E-Glass
   b. A-Glass
   c. S-Glass
   d. C-Glass

3. What is the trapezoidal piece of fiberglass on the pole that gives it unique stiffness and flex properties known as?
   a. Mandrel
   b. Body wrap
   c. Spiral wrap
   d. Sail piece

4. When determining the flex rating of a pole, roughly how much weight is suspended from the pole?
   a. 20lbs.
   b. 30lbs.
   c. 50lbs.
5. The flex number on the pole is in what units?
   a. Millimeters (mm)
   b. Centimeters (cm)
   c. Meters (m)

6. The flex number can be different for the multiple poles with the same weight rating?
   a. True
   b. False

7. Where is one place the pole plug size can be found?
   a. On the weight label of the pole
   b. Near the bottom of the pole
   c. Inside the pole plug

8. Which is NOT a pole model or manufacturer?
   a. Rocket
   b. UCS Spirit
   c. Gill
   d. Altius
   e. Super Pole
   f. Essx
   g. Nordic

9. For every six inches you move your hand grip down on the pole from its highest grip label, how much
stiffer does that make the pole feel?
   a. 5lbs.
   b. 10lbs.
   c. 15lbs.
   d. 20lbs.

10. When taping the pole for your grip, you always tape the pole in which direction? Then explain why
    a. Towards the top of the pole (from bottom to top)
    b. Towards the pole plug (from top to bottom)
    c. Why

_________________________________________________________________________________
_________________________________________________________________________________

Equipment:
1. Roughly, how deep is the plant box?
   a. 5 – 6 inches
   b. 6 – 7 inches
   c. 7 – 8 inches
   d. 8 – 9 inches

2. The big metal supports that hold the crossbar are called
   a. Poles
   b. Boxes
   c. Standards
   d. Thingys
3. What is the range for standard placement per the NFHS rule book?
   a. 0” – 32”
   b. 0” – 31.5”
   c. 15.5” – 31.5”
   d. 15.5” – 32”

4. Where is 0” (zero) located for standard placement?
   a. The front of the plant box
   b. The top of the back of the plant box
   c. The bottom of the back of the plant box
   d. 15.5” behind the plant box

Vermont:
1. What is the Div. I, II and III boys pole vault record?
   a. Div. I _________________
   b. Div. II _________________
   c. Div. III _________________

2. What is the Div. I, II and III girls pole vault record?
   a. Div. I _________________
   b. Div. II _________________
   c. Div. III _________________

High School Rules (NFHS)
1. How many layers of tape are you allowed to put on the pole according to the NFHS rule book?
   a. 1
   b. 2
   c. 3
   d. 4

2. How many attempts do you get at each height?
   a. 1
   b. 2
   c. 3
   d. 4

3. What is the minimum amount of consecutive heights must you pass in the beginning of the competition such that you get one warm-up jump without the crossbar before you enter the competition?
   a. 1
   b. 2
   c. 3
   d. 4

4. How much time do you have once your name has been called to begin your vault?
   a. 1 minute
   b. 1 ½ minutes
   c. 2 minutes
   d. 3 minutes

5. Write down the following rules from the NFHS Track & Field rule book on pages 61 and 62:
Athletes:
1. Who holds the men’s indoor and outdoor world records and what are they in feet and meters?
   a. Name _____________________________
   b. Indoor _______ ft. _______ in. = _______ meters
   c. Outdoor _______ ft. _______ in. = _______ meters

2. Who holds the women’s indoor and outdoor world records and what are they in feet and meters?
   a. Name _____________________________
   b. Indoor _______ ft. _______ in. = _______ meters
   c. Outdoor _______ ft. _______ in. = _______ meters

3. Who holds the boys high school outdoor American record and what is it?
   a. Name _____________________________
   b. Outdoor _______ ft. _______ in.

4. Who holds the girls high school outdoor American record and what is it?
   a. Name _____________________________
   b. Outdoor _______ ft. _______ in.

5. Are Jan Johnson and Chelsea Johnson Related?
   a. True
   b. False

Terminology:
1. The penultimate step for a right handed vaulter is the (Hint -> It’s the step you are supposed to initiate the plant motion on):
   a. Last left foot contact
   b. Last right foot contact
   c. 2\textsuperscript{nd} to last left foot contact
   d. 2\textsuperscript{nd} to last right foot contact
2. What does “PR” stand for?  
   a. ____________________________

3. Which is NOT a mark for Make, Miss or Pass on a vaulting score sheet?  
   a. P  
   b. F  
   c. O  
   d. X