POLE VAULT

THE APPROACH RUN

SIX STRIDE MARK and CORRESPONDING GRIP

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BAR HEIGHT	BAR METRIC +15cm	HAND GRIP	GRIP METER +.09cm	TAKE-OFF MARK		SIX MARK	CHECK METRIC +.31cm	MPS	STEP-LENGTHS FROM-CHECK +.05	
6-6	2.00	8-10	2.75	5'8"	1.73	30-0	9.10		4'0'	1.22
7'0	2.15	9-2	2.84	6-0	1.83	31-0	9.41		4-1	1.25
7'6	2.30	9'6"	2.93	6-4	1.93	32-0	9.72		4-3	1.30
8' 0"	2.45	9'lO"	3.02	6-8	2.03	33'-0	10.03		4-5	1.35
8- 6	2.60	10-2	3.11	7-0	2.135	34-0	10.34			
9-0	2.75	10-6	3.20	7-4	2.24	35-0	10.65		4-7	1.40
9-6	2.90	10-10	3.29	7-8	2.34	36-0	10.96		4-9	1.45
10-0	3.05	11-1	3.38	8-0	2.44	37-0	11.27			
10-6	3.20	11-5	3.47	8-4	2.54	38-0	11.58		4-11	1.50
11-0	3.35	11-8	3.56	8-8	2.64	39-0	11.89		5-1	1.55
11-6	3.50	12-0	3.65	9-0	2.74	40-0	12.20			
12-0	3.65	12-3	3.74	9-4	2.84	41-0	12.51		5-3	1.60
12-6	3.80	12-7	3.83	9-8	2.95	42-0	12.82	MPS		
13-0	3.95	12-10	3.92	10-0	3.05	43-0	13.13	6.9	5-6	1.65
13-6	4.10	13-2	4.01	10-4	3.15	44-0	13.44	7.1	5-7	1.70
14-0	4.25	13-5	4.10	10-8	3.25	45-0	13.75	7.3	5-9	1.75
14-6	4.40	13-9	4.19	11-0	3.35	46-0	14.06	7.5		
15-0	4.55	14-0	4.28	11-4	3.45	47-0	14.37	7.7	5-11	1.80
15-6	4.70	14-4	4.37	11-8	3.56	48-0	14.68	7.9	6-1	1.85
16-0	4.85	14-7	4.46	12-0	3.66	49-0	14.99	8.1		
16-6	5.00	14-11	4.55	12-4	3.76	50-0	15.30	8.3	6-3	1.90
17-0	5.15	15-2	4.64	12-8	3.86	51-0	15.61	8.5	6-5	1.95
17-6	5.30	15-6	4.73	13-0	3.96	52-0	15.92	8.7		
18-0	5.45	15-9	4.82	13-4	4.06	53-0	16.23	8.9	6-7	2.00
18-6	5.60	16-1	4.91	13-8	4.17	54-0	16.54	9.1	6-9	2.05
19-0	5.75	16-4	5.00	14-0	4.27	55-0	16.85	9.3		
19-6	5.90	16-8	5.09	14-4	4.37	56-0	17.16	9.5	6-11	2.10
20-0	6.05	16-11	5.18	14-8	4.47	57-0	17.47	9.7	7-1	2.15
20-6	6.20	17-1	5.27	15-0	4.57	58-0	17.78	9.9	7-3	2.20
21-0	6.35	17-4	5.36	15-4	4.67	59-0	18.09	10.1	7-4	2.25

START……..	CK	1	2	3	4	5	6	BOX
Right handed vaulter	L	R	L	R	L	R	L	BOX

Grip to "MID"relationship

A correct pole plant/take-off creates a safer and more successful vault. The force, measured in meters per second that a vaulter creates on the Approach Run dictates the proper hand grip. Because the force has a corresponding **"stride length and stride frequency"** we can derive the proper "Six Stride Check Point" from the plant box needed for that hand grip. The above chart has the Meter Per Second-MPS (horizontal force) and corresponding grip for each vault from 6'6" (2.00M) to 21'(6.36M). Use this guide to help your vaulters become more consistent and faster on the runway.

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