

## 2022 CIF San Diego Section Track & Field POLE VAULT SIGN-IN/VERIFICATION

NFHS Track and Field Rules	Rule 6	Section 5	Pole Vault
Article 2	The vaulting pole may be of any material and of any length and diameter. It may have a binding of layers of adhesive tape of uniform thickness on the grip end. The plant end of the pole may be protected by layers of tape, PVC, metal, sponge rubber, or other suitable material to protect it when placed in the planting box.		
Article 3	The competitor's weight shall be at or below the manufacturer's pole rating. The manufacturers must include on each pole: the pole rating that shall be a minimum of ¼ inch in a contrasting color located within or above the top handhold position: a 1-inch circular band indicating the maximum top handhold position with the position being determined by the manufacturer. <i><u>Prior to competition, the coach must verify that all of the schools' pole vaulters meet these requirements.</u></i>		
Article 4	A competitor shall not use a variable weight pole, a pole which is improperly marked, or a pole rated below his/her weight during warm-up or competition, or any other equipment that is not legal during warm-up or competition.		

Meet: **CIF D3 Prelims**

Location: **Mt. Miguel High School**

Date: **May 14, 2022**

Position	Athlete's Name	School	Weight of Athlete	Coach's Signature	Poles Inspected by Official
<b>1</b>					
<b>2</b>					
<b>3</b>					
<b>4</b>					
<b>5</b>					
<b>6</b>					
<b>7</b>					
<b>8</b>					
<b>9</b>					
<b>10</b>					