

Pole Vaulters Weight Verification Form



Pole vaulters must weigh in the presence of the athletic director and head track coach (if head coach is the athletic director another administrator will assume this responsibility) three times per season. Week 36 or prior to the first competition, and no sooner than Week 40 and 46.

National Federation Track and Field Rules Book, Rule 7-5-3 and 7-5-4: the competitors weight shall be at or below the manufacturer's pole rating. 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.

School

Name of Vaulteur	Weight*	Pole Rating
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		

*Includes full competition uniform, helmet (if wearing one), and footwear.

Week (circle one)
36 40 46

Date:	Signature of Athletic Director:
	Signature of Head Varsity Coach:

Note: One copy of this form should be kept on file with the member school and one copy should be carried by the head coach and available on request prior to competition. Failure to comply with weigh-in procedures will result in disqualification from that event.