

HIGH JUMP SET UP INSTRUCTIONS

1. Arrive at the site at least ½ hour before scheduled start. If event is an “away” track meet” make sure everything is set up for you and you have everything to run the high jump. For the Garriock Track Meet, set up of the track and field events usually start at 8:00am.

2. **For first event of the day:**
 - a. Measure the cross bar – the acceptable length is 3.98-4.02 metres long. The end pieces shall be hard and smooth. They should not be of, or covered with rubber or any other material which has the effect of increasing the friction between them and the supports.

 - b. If possible, have a 2nd crossbar available, that has also been measured.

 - c. Correctly position the jump standards by placing the cross bar between the standards, leaving a fat finger between the cross bar end and the standard.

 - d. Adequately mark the position of the jump stands with tape so that they can be replaced if dislodged from their position. Remember, you can always reposition the pits but not the standards as the athletes take their marks from the position of the standards. The standards should not touch the pits.

 - e. Tape a straight line between the jump stands to define the plane

 - f. Mark the cross bar in the centre and mark the centre on the straight line below the bar so that you can measure the height. The tape on the cross bar should be on the top of the bar and this “top” is to be maintained.

 - g. When measuring put the metal measuring tape behind the crossbar and read over top of the bar. You should read at eye level.

Place the crossbar and then confirm the height. If the standards show 1.2m be sure the centre of the bar also measures 1.2m and if not be aware of this difference. At the beginning one should measure both ends and make sure that they are the same. The

bar does sag and this is why the bar is always to be the same way up. Most of the island meets have increments of 5 cms. Once this is established it is never to be changed until there is only 1 athlete left and then that 1 athlete can choose any height he or she wishes to jump.

3. If sheets, showing list of athletes are not delivered to site either get it, or ask someone to do so. Be aware of where the results are to be returned to and make the necessary arrangements to have them returned, be aware of where the 1st aide assistance is.
4. If not already defined, set a fair starting height for the event. If you have a number of events through the day always do increments of 5 cm., if not, you will run behind schedule which is not fair to the athletes.
5. When the athletes check in, check their name on the list and ask if they know their starting height and record it.
6. Ask them to get their mark and ask if they need tape. Have tape available for them. No chalk and no shoes or clothes can be used on the apron or runway.
7. The young athletes will always want to start very low. If the starting height is not predetermined give them a practice jump at 5cms over the lowest height that is requested. If they don't all make it lower the height by 5cms., but if the height standards are predetermined, go with that. You always want to have the kids make at least one height. Encourage the athletes to start at a higher height if they are capable and do tell them that their first 9 jumps are their best jumps and it is usually "downhill" from there. Remember there is a time limit for each event and if you event goes overtime all the rest will be late.
8. When all have their mark or 10 minutes ahead of time, whichever is first, put up a practice bar. If they ask for it (older athletes) give them one higher height and a second if time permits. After practice jumps and at least 5 mins before event is to start give the athletes instructions.

INSTRUCTIONS TO ATHLETES

Hello – my name is _____. I will be doing the call up for this event Please leave all your bags (define area). Your starting height will be “110cm” (XXX) and the bar will go up by 5 cms. At the end of each round. I will call out the competition order and confirm starting heights (go through the names and finalize the starting heights). IF you wish to leave the competition site,

because of another event, we will try and get as many jumps in before you leave – possibly out of order. DO not leave before it is absolutely necessary. Always tell me if you wish to leave and where you are going. Always hurry back as the bar still goes up while you are absent. We will do our best to fit you in but we will never lower the bar for you to take a missed jump.

I will call one athlete to jump - Athlete xxx “jumping”, one on deck and one to follow, for example, Susie up, Brenda on Deck and Lisa to follow. Please have your Bib number visible when you are on the runway (front or back or both).

Athlete must jump from one foot. It will be a fault if the bar fails to say on, after jumping, or if your foot goes over the line beneath the bar without successfully jumping (crossing the plane).

The removal of the cone from the runway indicates the beginning of the trial and your 1 minute time will start. I will call you when they are preparing the pit so be ready for when the cone is removed, you have 1 minute to start your jump. You can run up as many times as you want but when your minute is up you must have started your final run up. When there is 15 seconds left a volunteer will raise the yellow flag (note: this procedure may/may not be practiced at lower level track meets).

Are there any questions? Good luck. We will start at 110cm. and jumping is Susie, Brenda on deck and Lisa to follow

High Jump Equipment & Rules

- 8 mm steel tape for jumps
- Flags, (red, white, yellow)
- Duct tape
- Thumb tacks
- Cone
- Hockey tape
- 2 Sharp pencils with erasers
- Clip Board (one is usually supplied but handy to have one)
- Stop watch
- Top 10 List for current year
- JD Standards by age and gender

These are necessary at the site and can be kept there all day for your members to share

Information for Official in Charge

Official in Charge

- Record name of each competitor, Club Gender and year of birth (YOB) in the order that they will complete. This information may already be provided to you with preprinted event forms.
- Record on results sheet # 10 top ten or records for that age group(s) and gender. If a jump exceeds #10m measure before and remeasure if successful. If a record broken, call for field referee to confirm or an Official Level 5
- Before competition starts, review with competitors the rules (valid jump, number of jumps, etc.)

Starting Heights

- As specified by the host club at the competition site or in the meet literature.
- If not given, then left to the discretion of the head official.
- For the Junior Development categories (particularly the youngest ones) it is best to be flexible

Valid Jump

1. Athlete must jump from one foot
2. Bar must stay on stand after athlete has passed over it. In case of wind make a judgment as to whether the bar was dislodged in the act of jumping or if it came off due to wind.
3. Athlete faults if they break the vertical plane of the bar and do not jump.

Time allowed each athlete (measured from when official ways bar is ready)

Competitor faults if they have not started final run within time limit.

More than 3 competitors:	1 minutes each
2 or 3 competitors	1 ½ minutes each
1 athlete only:	3 minutes
Consecutive trials by same competitor (if others already successful):	2 minutes

Scoring

Competitor	YOB	105cm	110cm	115cm	120cm	125cm	128cm	Best	Place
Abe Cannnon	M94	O	O	XO	XO	XXX	-----	120	2
Jon Reno	M94	-----	O	O	XO	XO	XXX	125	1
Xavier Gor	M94	XO	O	XXO	XXO	XXX	-----	120	3

Ties

- Look at the number of attempts where tie was made (last successful height)
- Lowest number misses wins (e.g. Abe Cannon at 120)
- If still tied count number of misses back to START of competition.
- Lowest number wins. Passes are not misses.
- If still tied, they finish as tied except for 1st place.

1st Place Tie Breaker

- Competitors have one more jump at the height they failed on.
- If all miss, the bar is lowered 2 cm and 1 attempt is given each competitor
- If two or more make it the bar goes up 2 cm and all misses drop out.
- If all miss, then bar goes down 2 cm and procedure is repeated until only one is left.

Athletes leaving to go to other event

- Must get permission from official in charge before leaving and may be allowed to jump out of order (i.e. early)
- Competition may proceed without them.
- Must report when they return and may re-enter competition but at the CURRENT height, although not necessarily required to jump in the original order.
- Athletes should try to minimize their absence by leaving only when other event is called and returning IMMEDIATELY after completing it.
- When the athlete tells you they have another event to go to ask them if they have someone that can check in for them and tell the athlete when ***it is absolutely necessary to go to other event.***