

# POLE VAULT

THE APPROACH RUN.....THE KEY TO SUCCESS

SIX STRIDE MARK and CORRESPONDING GRIP

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BAR HEIGHT	BAR METRIC +15cm	HAND GRIP	GRIP METER +.09cm	TAKE-OFF MARK	SIX CHECK 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	9'10"	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 TO**                      **BOX**  
**Right handed vaulter**            **L R L R L R L**                      **BOX**

### Grip to "MID"

A correct pole plant/take-off creates a safer and more successful vault. The force, measured in meters per second, 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" needed for that hand grip. The above chart has the appropriate grip for the Meter Per Second (horizontal force) that is generated on 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.