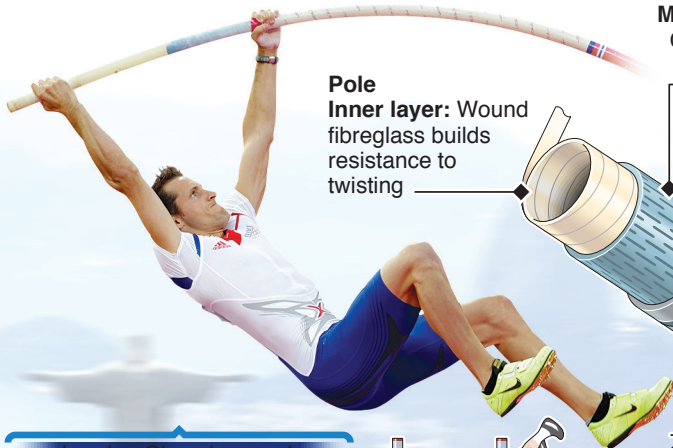


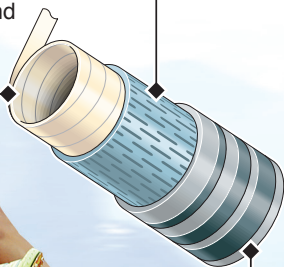


Pole Vault *Olympic Stadium*



Pole
Inner layer: Wound fibreglass builds resistance to twisting

Middle layer:
Carbon-fibre webbing



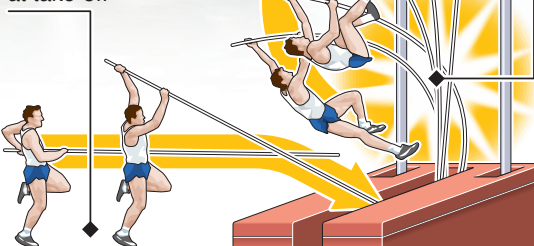
Outer layer:
High-strength carbon fibre provides high-bending stiffness

Kinetic energy:

Elastic energy stored as pole bends is released at top of flight path, projecting athlete over bar

Run-up

Vaulter accelerates down 45m runway, achieving maximum speed at take-off



Landing mat

Olympic records		Renaud Lavillenie (FRA)	<i>London, 2012</i>	5.97m
		Yelena Isinbaeva (RUS)	<i>Beijing, 2008</i>	5.05m
World records		Renaud Lavillenie (FRA)	<i>Donetsk, 2014</i>	6.16m
		Yelena Isinbaeva (RUS)	<i>Zürich, 2009</i>	5.06m