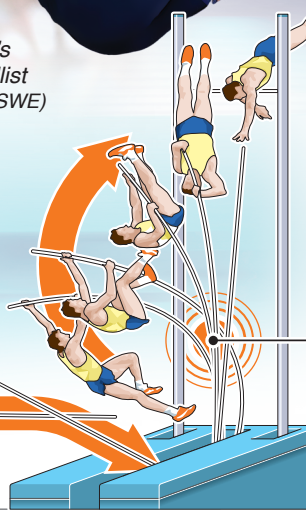
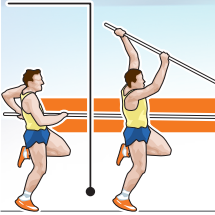


Tokyo Olympics men's pole vault gold medallist **Armand Duplantis** (SWE)

UP AND OVER

**Run-up:** Vaulter accelerates down 40-45m runway, achieving maximum speed at take-off



**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 4.5m bar

Olympic record	<b>Thiago Braz</b> (BRA)	Rio de Janeiro 2016	6.03m
	<b>Yelena Isinbayeva</b> (RUS)	Beijing 2008	5.05m
World record	<b>Armand Duplantis</b> (SWE)	Xiamen 2024	6.24m
	<b>Yelena Isinbayeva</b> (RUS)	Zurich 2009	5.06m