

LOMPAT TINGGI GALAH

- Tinggi pusat gaya berat pelompat saat *take-off* (H_1)
- Tinggi yang dapat diraih pusat gaya berat saat pelompat masih memegang galah (H_2)
- Tinggi yang dapat diraih pusat gaya berat saat pelompat melepaskan galah (H_3)
- Perbedaan tinggi mistar dan tinggi maksimum yang dapat diraih pusat gaya berat saat melewati mistar (H_4)

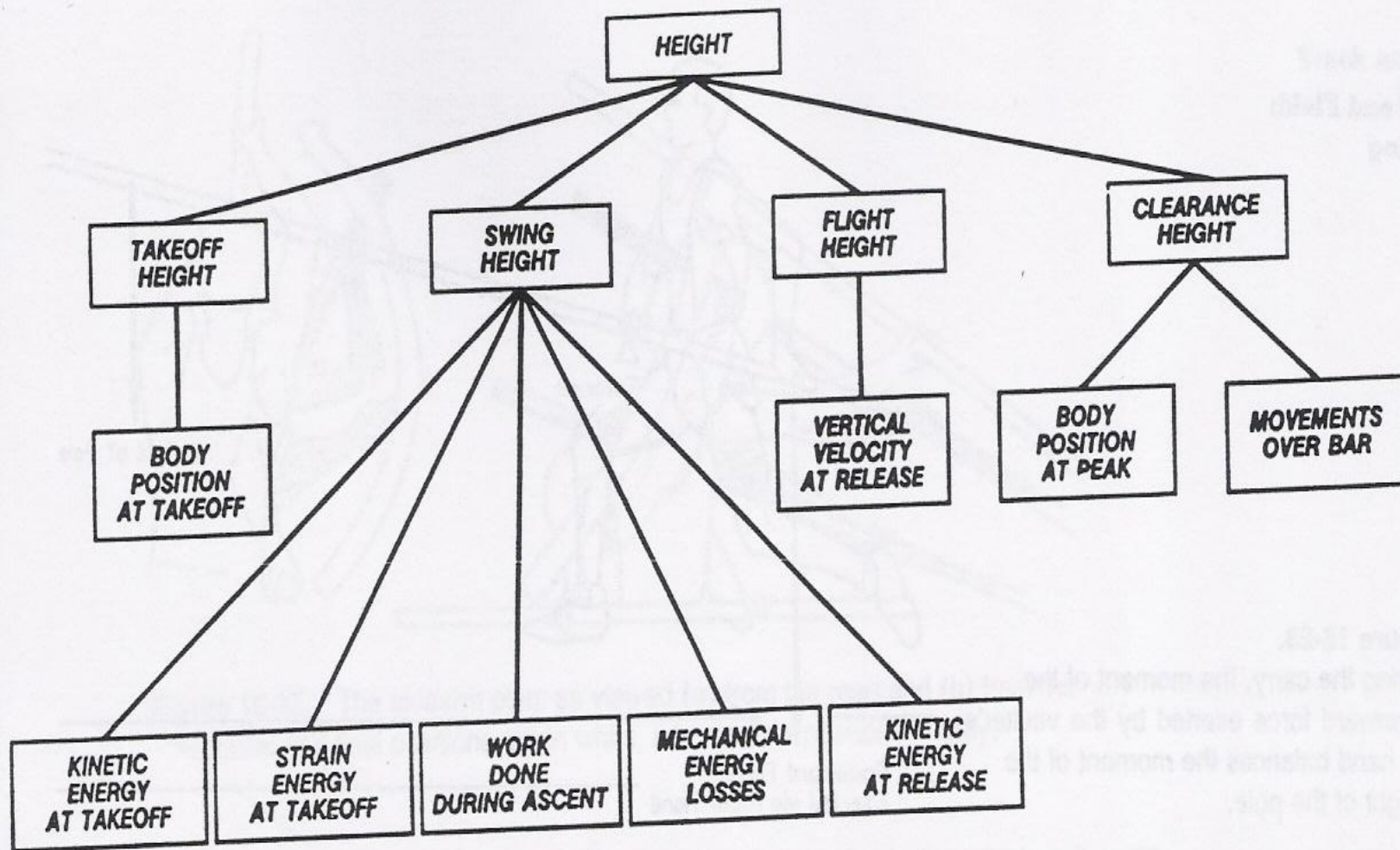


Figure 16-22. Basic factors in pole vaulting.

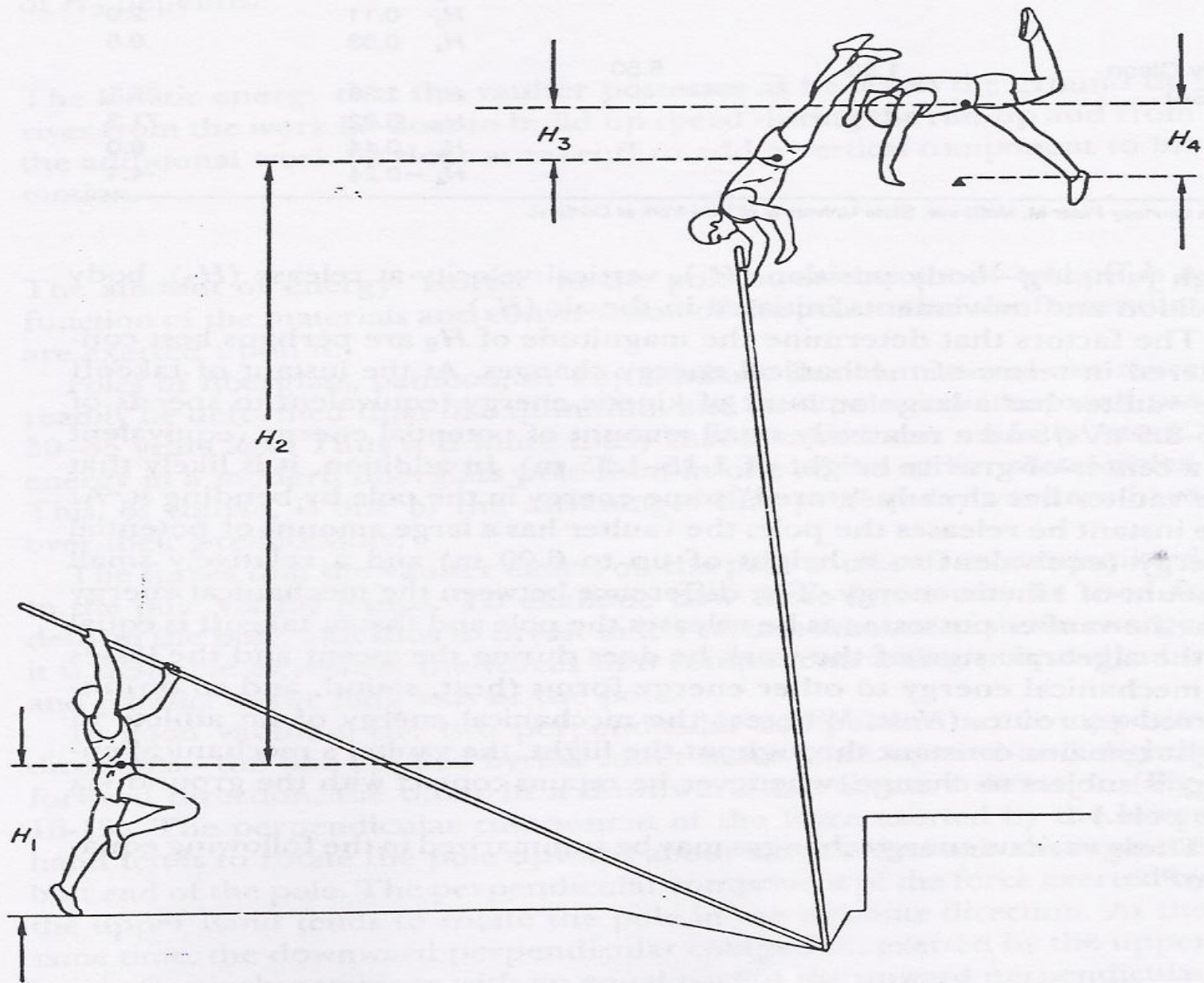


Figure 16-18. Contributions to the height recorded in the pole vault.

TABLE 16-5 Relative Contributions to Height in the Pole Vault

	<i>Height of Athlete (m)</i>	<i>Height of Bar (m)</i>	<i>Height (m)</i>	<i>Percentage of Height of Bar</i>
Sergei Bubka (USSR)	1.83	5.85	H_1 1.30	22.2
			H_2 4.45	76.1
			H_3 0.37	6.3
			H_4 -0.27	-4.6
Earl Bell (USA)	1.91	5.61	H_1 1.25	22.3
			H_2 4.22	75.2
			H_3 0.11	2.0
			H_4 0.03	0.5
Billy Olson (USA)	1.88	5.50	H_1 1.38	25.1
			H_2 3.92	71.3
			H_3 0.44	8.0
			H_4 -0.24	-4.4

Data courtesy Peter M. McGinnis, State University of New York at Cortland.

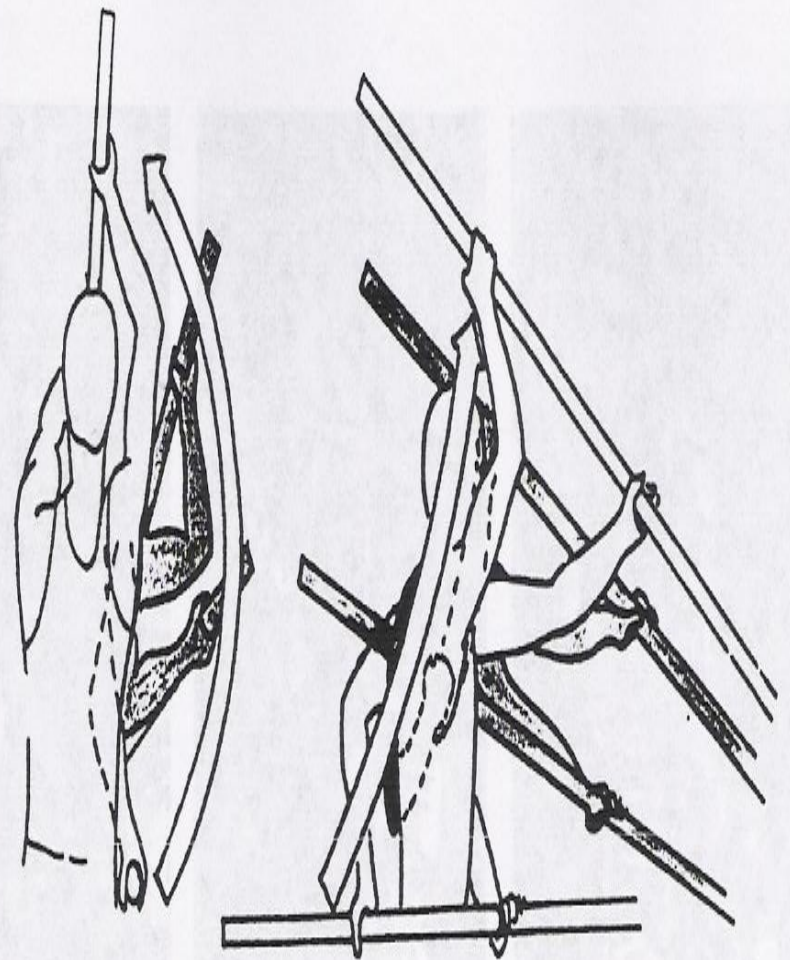
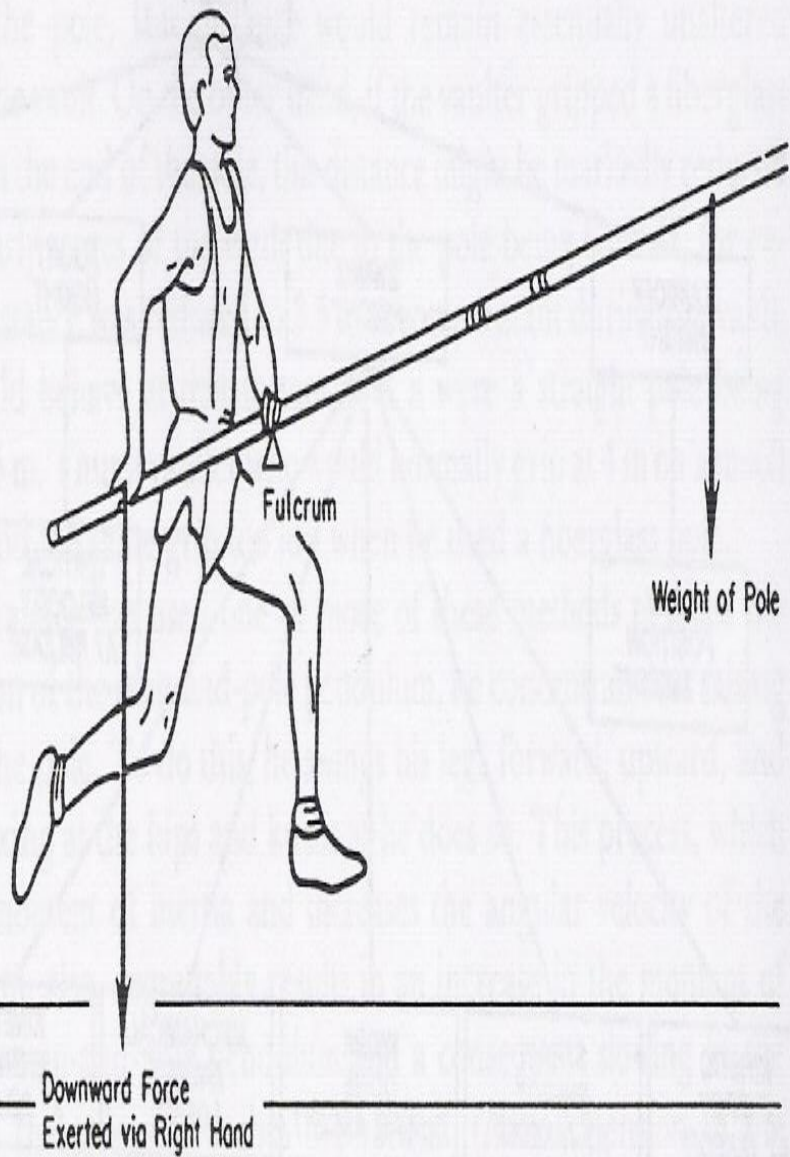
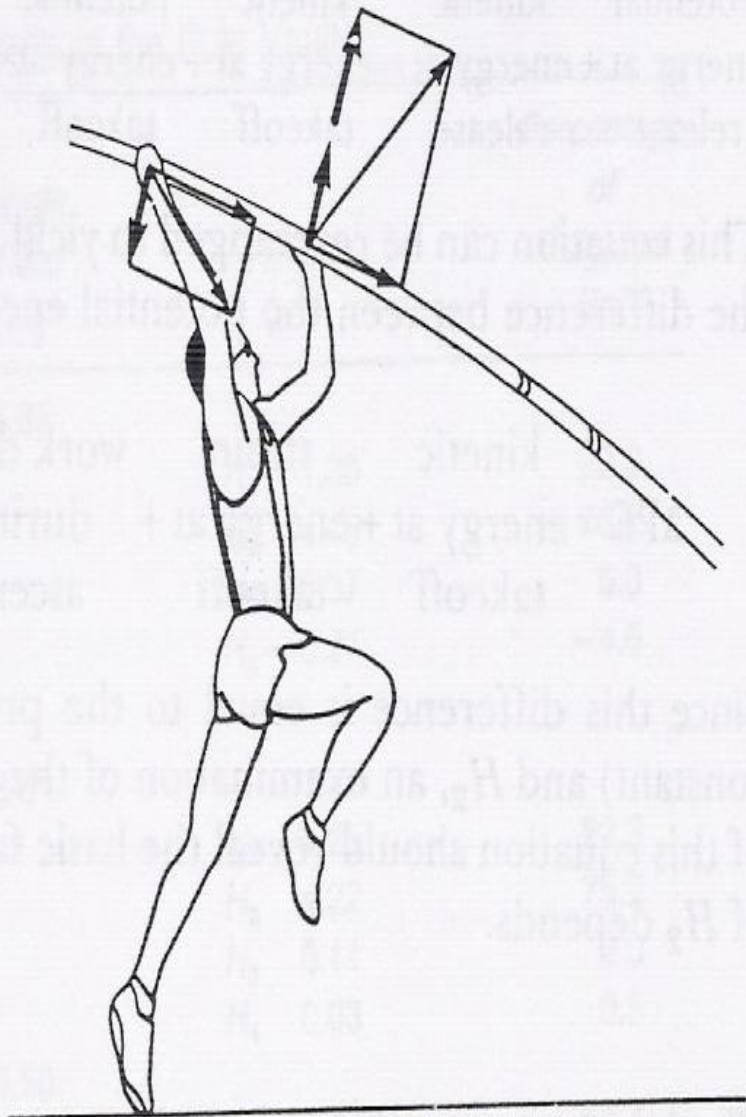


Figure 16-25. The sidearm plant as viewed (a) from the rear; and (b) from the side. Initial and final positions are in white, intermediate positions in gray.



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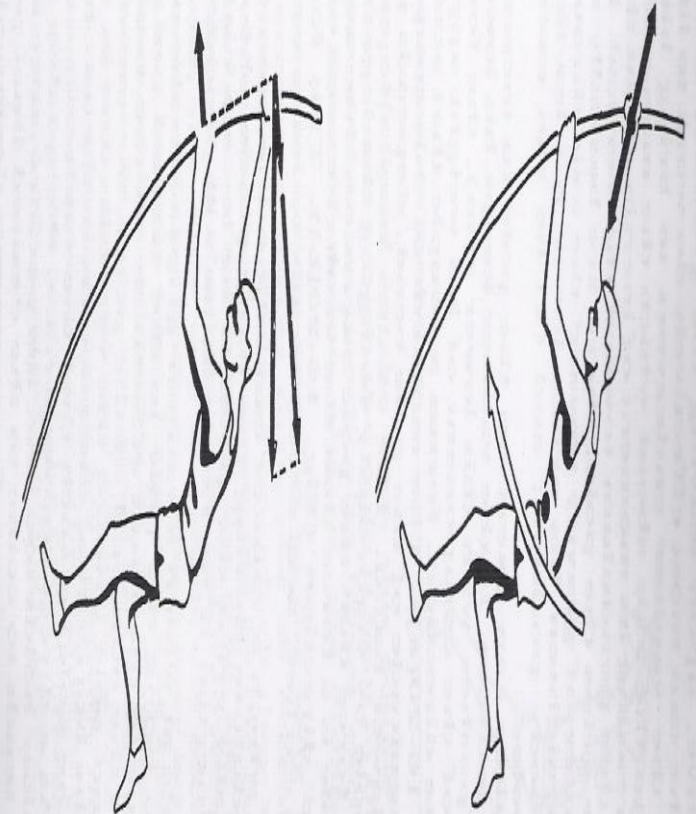
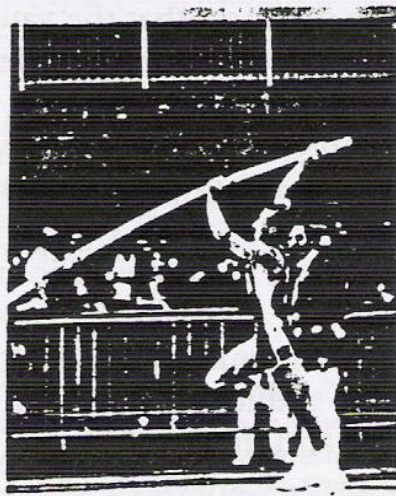


Figure 16-20. Components of the force that the vaulter exerts on the pole during the swing due to (a) the action of his left arm; and (b) the vigorous upward swing of his legs.



(d)



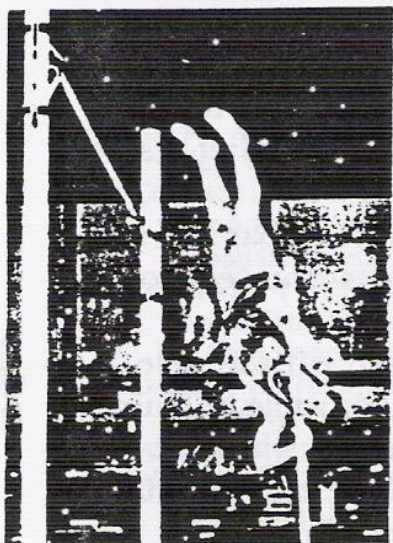
(c)



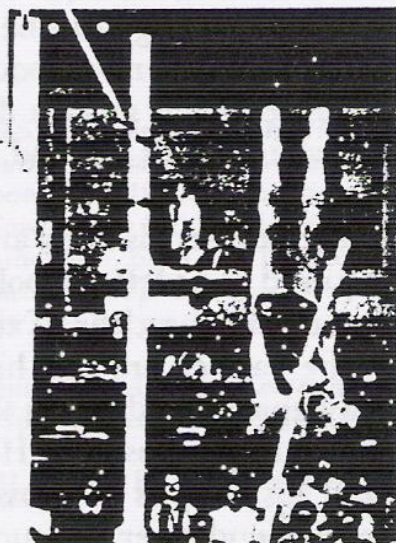
(b)



(a)



(l)



(k)



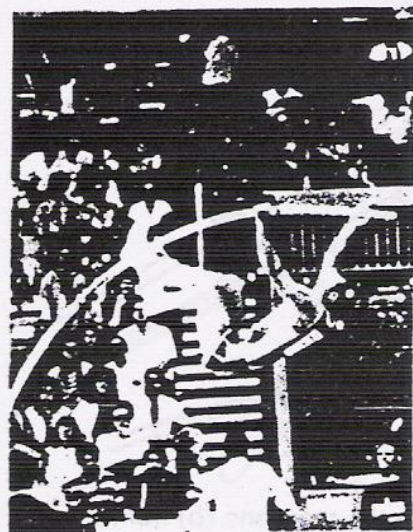
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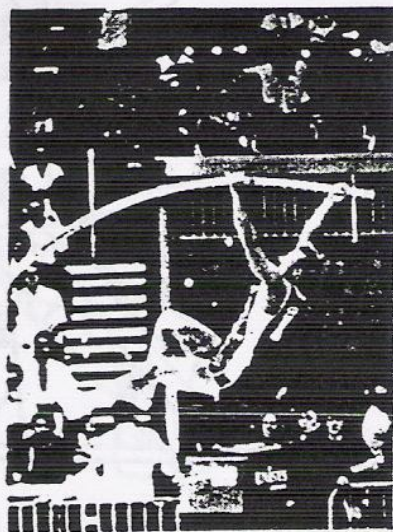
(i)



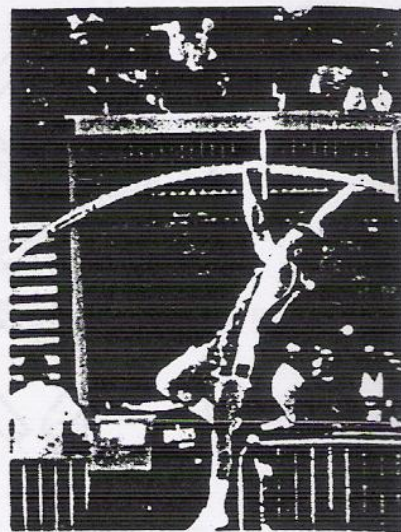
(h)



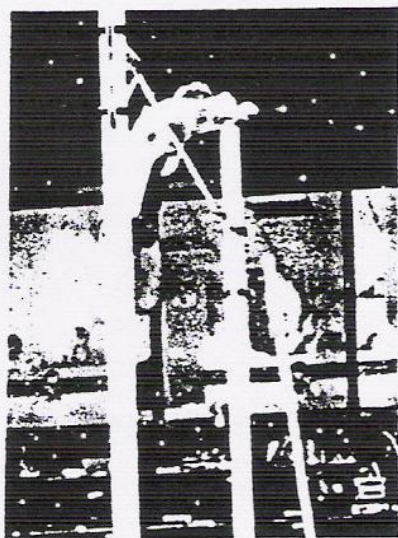
(g)



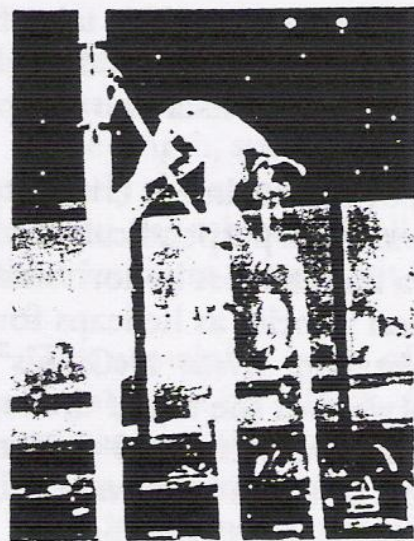
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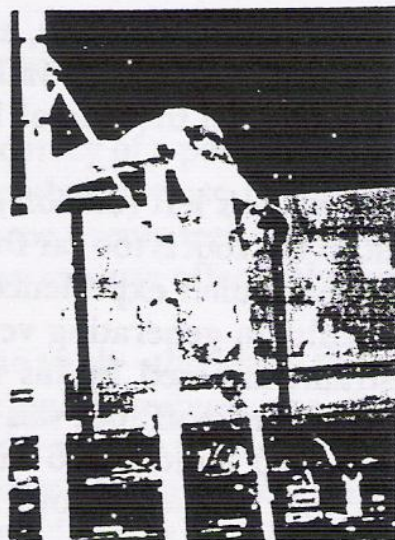
(e)



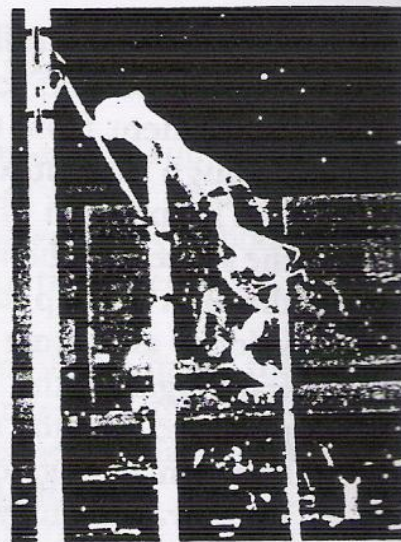
(p)



(o)



(n)



(m)