



Vault-Festivus 2016

“Festivus for the Rest of us”

What: Pole Vault Clinic 1:00-4:00

Pole Vault Meet 5pm (warm-ups at 4pm)

When (**New Date!**): **Tuesday Dec 27th**

Where: Aquinas Field house

1580 Fulton Street E, Grand Rapids, MI

Cost: Athletes(Before Dec 15th)\$55 for Clinic and Meet, \$30 Separately

(After Dec. 15th) \$75 combined and \$40 per event

Spectators/Coaches -\$5 at the door

Free Swag(T-shirt) for all campers all remaining shirts will be sold during the meet , \$15 per shirt

In Ancient Times an Aluminum pole was used to celebrate Festivus.... We now use Fiber glass!

The 2nd annual Vault-Festivus will include some of the top coaches and athletes in the sport. The Clinic will hope to provide a great tune-up for experienced and beginning vaulters alike. The focus of the clinic will be to prepare each vaulter for a terrific 2017 season. All Clinicians will be helped by Coach Emeott as well as a



staff of knowledgeable Pole Vault fanatics. To finish GREAT you must start GREAT, Let's get it started.

Last Year was our first Vault Festivus and we had a great time! Over 50 pole vaulters from all over the Midwest came to learn and compete. This year promises to be bigger and better than ever. The Aquinas facility is truly a first class vault facility which should be seen by all.

The evening competition will provide a chance to set your 2016 PR and set the bar for the upcoming New Year. Instead of "Airing our Grievances" we will be getting big air. "Feats of strength" will be all around us as Men and Women fly through the Field house. Warm-ups will start at 4pm.

This event is sponsored by USATF

To register for this event log onto:

<http://michianatiming.com/registration/>

When registering enter your honest PR, NOT what you want it to be, NOT your practice PR and definitely NOT a lesser PR. Your PR for this competition will be defined as the highest height you have cleared in a pole vault competition in the past 2 years.

If you have any Questions please direct them to david.emeott@kentwoodps.org

