

## **Summary**

Title

Pole vault technique of the woman world record holder

Aim: The aim of my study is to analyze the Jelena Isinbajeva's pole vault technique. I will compare her performance in 2003, when she jumped 465 cm, and her 2005 vault of 501 cm; and try to find qualitative differences in the realisations of technique.

Methods used: The resources used in the analysis were found on a web page dedicated to Jelena Isinbajeva.

Methods of analysis were description and comparison.

Results: Jelena Isinbajeva's world record technique has improved in these parametres:

Keywords: track and field, technique, pole vault,