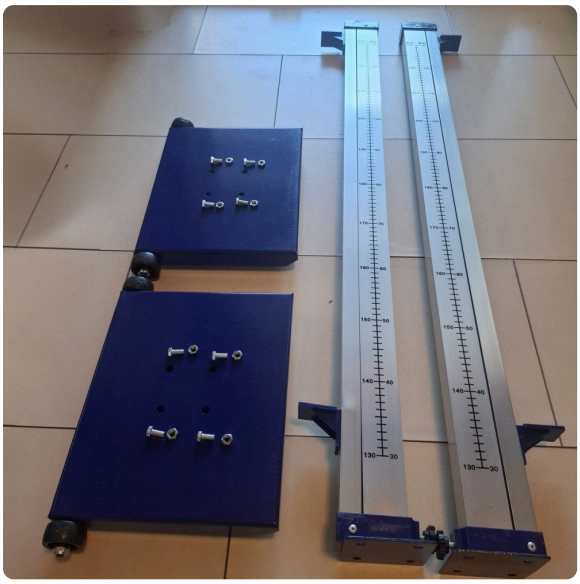
Quick Set-up Guide

Lightweight Aluminium High Jump Stands

ISAAN SPORT TECHNOLOGY



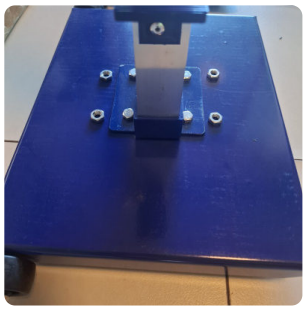
Both base plates with their bolts and nuts, and the two uprights.

In the Box

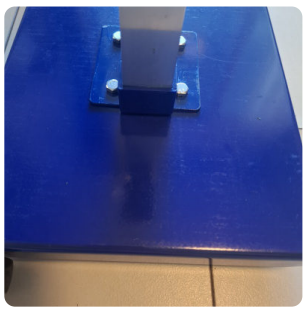
- **Two base plates.** Each has two wheels on one edge and three screw feet underneath.
- **Two uprights.** Each has a fixed post with a printed centimetre scale, a sliding post with two bar rests, and a black locking knob. The two uprights are a mirrored pair.
- **Eight bolts and eight nuts.** Four of each for every stand.
- **Not in the box:** a crossbar, tools and oil. You will need two adjustable spanners, a little oil for first use, and a tape measure for the height check.

Assemble Each Stand

1. **Bolt the upright to the base**
   Stand the upright on the base plate with its foot plate over the four holes. Turn it so the scale faces away from the wheels. Push a bolt down through each hole.



2. **Tighten the nuts**
   Fit a nut on each bolt from underneath. Hold the bolt heads with one adjustable spanner and tighten the nuts with the other.



3. **Check underneath**
   Underneath the base: the four nuts in the middle, the three screw feet, and the two wheels on the back edge.



Oil on First Use

Before first use, we suggest oiling where the sliding post passes through the blue cap at the top of the fixed post, as in the photo. Oil is not included.

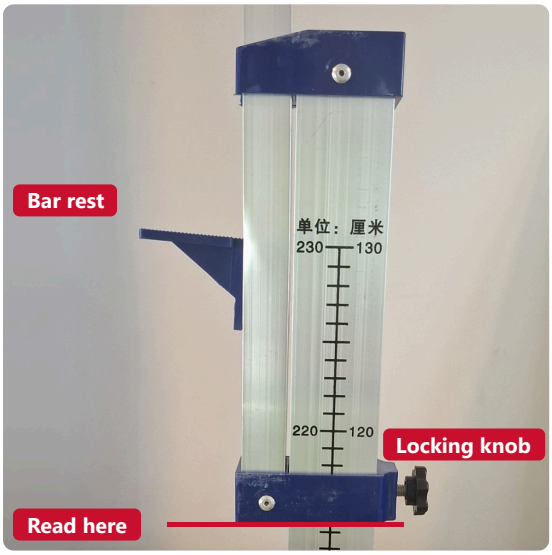


Oil goes on top of the blue cap, beside the sliding post.

Level the Stand

> Put the assembled stand on the ground where you will jump. If the base rocks or the upright leans, turn one of the three screw feet under the base to raise or lower that corner, until the base sits firm and the upright stands straight.

Set the Bar Height



Bar Rest, Locking Knob and Reading Line pictured.

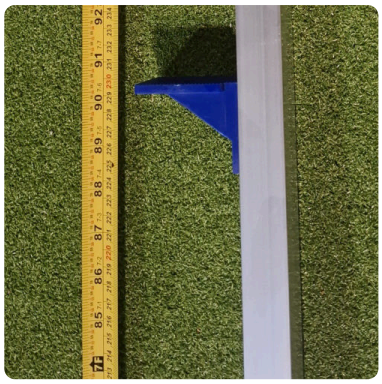
- Loosen the black knob, slide the sliding post up or down, then tighten the knob moderately.
- Read the scale at the lower edge of the blue collar that holds the knob. Each line is 1 cm, with a number every 10 cm.
- Each numbered line carries two numbers, 100 cm apart. The larger number is the height of the upper bar rest. The smaller number is the height of the lower bar rest.

Bar rest	Height range	Number to read
Lower bar rest	30 to 130 cm	The smaller number
Upper bar rest	130 to 230 cm	The larger number

- Set both stands to the same reading. Place them so the bar rests point towards each other, and place the bar on the rests.

Check with a Tape Measure

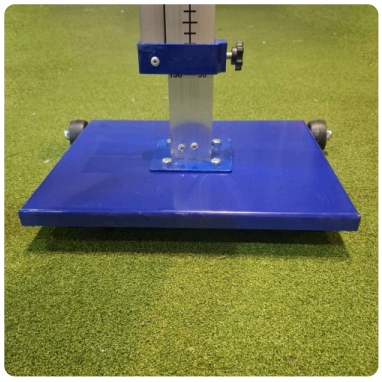
Before a session, stand a tape measure on the ground beside the stand and measure to the top face of the bar rest you will use. It should match the scale. If it does not, turn the three screw feet by the same amount, or note the difference and allow for it when you set the height.



Upper bar rest at the top of its range: 230 cm on the tape.

Moving and Storing

Lower the sliding post fully and tighten the knob. Tilt the stand back onto its two wheels to roll it, or carry it: each stand weighs 3.2 kg. Before each session check that the four nuts and the knob are tight. Store the stands dry.



Base plate from the front. The wheels are on the back edge.

Safe Use

- The stands only hold the bar. For high jump, land on a landing mat made for high jump.
- Rest the bar on the bar rests so it can fall off freely. Never tie or fix it to the stands.
- Do not hang from, lean on or climb the uprights.
- On uneven ground or in wind, check that both stands are steady before anyone jumps.