

About Coach Vegar

Coach Stan Vegar began pole vaulting in 1966 as a 6th grader under the guidance of his father, Joe, the Junior High School track coach where he grew up in Prosser, Washington. He continued with track and field, setting the Prosser High School record for the pole vault in 1973 (13'9"), a record he still holds. Coach Vegar then vaulted competitively for 21 years, setting the Master's world record for his age group at age 42 in 1997 in the Decathlon, which included a 14'3" vault.

Coach Vegar ran track, played football, and rowed crew as a student at the University of Washington, then committed to track and field, placing 4th (1976) and 2nd (1977) in the Pac-8 Track and Field Championships in the Decathlon, and also set the indoor record for the University for the high jump at 6'10.5". He received a bachelor's degree in Kinesiology from the University of Washington and went on to do graduate work at San Diego State University in Biomechanics and Motor Learning.

Coach Vegar placed 19th in the 1984 US Olympic Trials in the Decathlon in Los Angeles, CA, and holds the current San Diego State University Field Decathlon record (set in 1983). Coach Vegar's PR is 16'5.5". He was the World Masters Decathlon Champion in 1995 and placed 2nd in 1997.

Coach Vegar is also an avid rower and was a semi-finalist in pairs at the 1988 US Olympic Trials in Philadelphia. He was the Masters National Single Sculls Champion in 1992, 1993, and 2006, and placed second in 2001, 2002, 2003, 2004, and 2016. He placed second in the World Masters Single Sculls event in 2001 and 2005 and is the current World Indoor Rowing Champion (2017) for the CRASH-B Sprints in Boston which he also won in 2007, 2008, and 2009.

As a life-long athlete and competitor, Coach Vegar greatly benefitted from excellent mentorship and coaching from some of the leading experts in his chosen sports. These positive experiences instilled in him a deep love of athletics, especially vaulting. It is this appreciation for the sport that inspires his aspirations to coach and mentor others so they may also experience the joy and satisfaction one attains when training to become one's own best athlete.

To that end, Coach Vegar coached field events at **Bellview High School** in 1978 and at San Diego State University from 1981 to 1984. He has been the Mt. Carmel High School (San Diego, CA) vault coach since 2014 since retiring from a career in federal law enforcement as a Special Agent with the US Department of Justice. Coach Vegar began training vaulters at his UpTop Vault Training Center in 2016.

Coach Vegar's enthusiasm and patience, combined with his excellent technical expertise and high expectations, make him a terrific coach for students at all stages of their vaulting experience and all levels are welcome to train at his center.