



Pole Vault Progressions

Women	3.91	4.06	4.21	4.31	4.41	4.51	4.61	4.67	4.73	
Men	4.80	4.95	5.10	5.25	5.40	5.50	5.58	5.66	5.74	5.82

High Jump Progressions

Women	1.68	1.72	1.76	1.79	1.82	1.85	1.88	1.91	1.94	1.97			
Men	1.95	1.99	2.03	2.07	2.11	2.15	2.08	2.21	2.24	2.27	2.29	2.31	2.33