



CHAMPIONSHIP BAR RAISE PROGRESSIONS

Women's High Jump

1.87m	6'1 1/2"
1.84m	6'0 1/2"
1.81m	5'11 1/4"
<u>1.78m</u>	5'10"
1.75m	5'8 3/4"
1.70m	5'7"
1.65m	5'5"
1.60m	5'3"
1.55m	5'1"

Men's High Jump

2.21m	7'3"
2.18m	7'1 3/4"
2.15m	7'0 1/2"
<u>2.12m</u>	6'11 1/2"
2.09m	6'10 1/4"
2.04m	6'8 1/4"
1.99m	6'6 1/4"
1.94m	6'4 1/4"
1.89m	6'2 1/4"

Women's Pole Vault

4.47m	14'8"
4.37m	14'4"
4.27m	14'
<u>4.17m</u>	13'8 1/4"
4.07m	13'4 1/4"
3.92m	12'10 1/4"
3.77m	12'4 1/2"
3.62m	11'10 1/2"
3.47m	11'4 1/2"
3.32m	10'10 3/4"

Men's Pole Vault

5.54m	18'2"
5.44m	17'10 1/4"
5.34m	17'6 1/4"
<u>5.24m</u>	17'2 1/4"
5.14m	16'10 1/4"
4.99m	16'4 1/2"
4.84m	15'10 1/2"
4.69m	15' 4 1/2"
4.54m	14'10 3/4"
4.39m	14' 4 3/4"