



## 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

2.20m	7'2 1/2"
2.17m	7'1 1/2"
2.14m	7'0 1/4"
<u>2.11m</u>	6'11"
2.08m	6'9 3/4"
2.03m	6'8"
1.98m	6'6"
1.93m	6'4"
1.88m	6'2"

### Women's Pole Vault

4.47m	14'8"
4.37m	14'4"
4.27m	14' 0"
<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

5.52m	18'1 1/4"
5.42m	17'9 1/4"
5.32m	17'5 1/2"
<u>5.22m</u>	17'1 1/2"
5.12m	16'9 1/2"
4.97m	16'3 1/2"
4.82m	15'9 3/4"
4.67m	15' 3 3/4"
4.52m	14'10"
4.37m	14' 4"