

## STARTING HEIGHTS

The starting heights for the high jump and the pole vault are listed in the chart below. Incremental increase shall be 5cm in the high jump and 15cm in the pole vault

<b>HIGH JUMP</b>					
Age Division	Metric	English	Age Division	Metric	English
7-8 Girls	.76m	2'6"	7-8 Boys	.76m	2'6"
9-10 Girls	.99m	3'3"	9-10 Boys	.99m	3'3"
11-12 Girls	1.12m	3'8"	11-12 Boys	1.12m	3'8"
13-14 Girls	1.22m	4'0"	13-14 Boys	1.32m	4'4"
15-16 Girls	1.27m	4'2"	15-16 Boys	1.60m	5'0"
17-18 Girls	1.37m	4'6"	17-18 Boys	1.68m	5'6"
19-29 Women	1.22m	4'0"	19-29 Men	1.60m	5'0"
Masters Women	0.99m	3'3"	Masters Men	1.12m	3'8"
<b>POLE VAULT</b>					
13-14 Girls	1.83m	6'0"	13-14 Boys	1.98m	6'6"
15-16 Girls	1.83m	6'0"	15-16 Boys	1.98m	6'6"
17-18 Girls	2.44m	8'0"	17-18 Boys	2.59m	8'6"
19-29 Women	2.44m	8'0"	19-29 Men	2.59m	8'7"
Masters Women	1.60m	5'0"	Masters Men	1.60m	5'0"

## NUMBER OF ATTEMPTS

The number of attempts for the JUMPS and THROWS are listed in the chart below.

<b>JUMPS &amp; THROWS</b>			
Age Division	# of Attempts	Age Division	# of Attempts
3-4 Girls	3	3-4 Boys	3
5-6 Girls	3	5-6 Boys	3
7-8 Girls	3	7-8 Boys	3
9-10 Girls	3	9-10 Boys	3
11-12 Girls	3	11-12 Boys	3
13-14 Girls	3	13-14 Boys	3
15-16 Girls	4	15-16 Boys	4
17-18 Girls	4	17-18 Boys	4
19-29 Women	4	19-29 Men	4
Masters Woment	4	Masters Men	4