

VERTICAL JUMPS: STARTING HEIGHTS AND PROGRESSIONS

Women: High Jump				
Age	Starting Height	Progression	Change Progressions	Progression after change
W35	1.35m	5cm	1.60m	3cm
W40/W45	1.20m	5cm	1.50m	3cm
W50	1.20m	4cm	1.40m	3cm
W55	1.20m	4cm	1.40m	3cm
W60	1.15m	3cm	1.36m	2cm
W65	1.00m	3cm	1.21m	2cm
W70	1.00m	3cm	1.15m	2cm
W75+	0.80m	3cm	1.05m	2cm

Men: High Jump				
Age	Starting Height	Progression	Change Progressions	Progression after change
M35	1.45m	5cm	1.90m	3cm
M40	1.40m	5cm	1.90m	3cm
M45	1.35m	5cm	1.80m	3cm
M50	1.30m	5cm	1.75m	3cm
M55	1.30m	5cm	1.70m	3cm
M60	1.25m	5cm	1.65m	3cm
M65	1.15m	5cm	1.55m	3cm
M70	1.10m	4cm	1.42m	3cm
M75	1.00m	4cm	1.28m	3cm
M80+	.86m	3cm	1.17m	2cm

Women: Pole Vault				
Age	Starting Height	Progression	Change Progressions	Progression after change
W35/W40/W45	1.50m	10cm	3.00	5cm
W50/W55/W60	1.40m	10cm	2.50	5cm
W65+	0.90m	10cm	1.60	5cm

Men: Pole Vault				
Age	Starting Height	Progression	Change Progressions	Progression after change
M35	2.80m	15cm	4.15m	10cm
M40	2.75m	15cm	3.50m	10cm
M45	2.75m	15cm	3.80 m	10cm
M50	2.65m	15cm	3.70m	10cm
M55	2.50m	15cm	3.70m	10cm
M60	2.40m	15cm	3.45m	10cm
M65	2.00m	15cm	3.05m	10cm
M70	2.00m	10cm	2.80m	5cm
M75	1.90m	10cm	2.60m	5cm
M80+	1.20m	10cm	2.10m	5cm