

Pole Vault Height Progression Alternatives

conversions from the official USATF conversion calculator at:

<http://www.usatf.org/statistics/calculators/markConversions/index.asp>

Girls Progression	Metric	English	Guys	Metric	English	
<i>Girls 6</i>	1.75	5' 8.75"		2.35	7' 8.5"	
runway 2 - session 1	1.90	6' 2.75"	<i>Guys 8</i>	2.50	8' 2.5"	
	2.05	6' 8.75"	runway 2 - session 2	2.65	8' 8.25"	
	2.20	7' 2.5"		2.80	9' 2.25"	
	2.35	7' 8.5"		2.95	9' 8"	New 60+ Record
	2.50	8' 2.5"		3.10	10' 2"	
	2.65	8' 8.25"		3.25	10' 8"	
<i>Womens 9'6"</i>	2.80	9' 2.25"	<i>Guys 11</i>	3.40	11' 1.75"	
runway 1 - session 1	2.95	9' 8"	runway 2 - session 3	3.55	11' 7.75"	
	3.10	10' 2"		3.70	12' 1.5"	
	3.25	10' 8"	<i>Guys 12'6</i>	3.85	12' 7.5"	
	3.40	11' 1.75"	runway 1 - session 3	4.00	13' 1.5"	New 40+ and 50+ Record
	3.50	11' 7.75"		4.15	13' 7.25"	
	3.60	11' 9.75"	<i>Guys 14</i>	4.30	14' 1.25"	New 30+ Record
NEW MEET RECORD	3.70	12' 1.5"	runway 1 - session 2	4.45	14' 7.25"	New High School Record
	3.80	12' 5.5"		4.60	15' 1"	
	3.90	12' 9.5"		4.75	15' 7"	New College Record
	4.00	13' 1.5"		4.90	16' 0.75"	
	4.10	13' 5.25"		5.00	16' 4.75"	
	4.20	13' 9.25"		5.10	16' 8.75"	
	4.30	14' 1.25"		5.20	17' 0.75"	New Meet/Open Record
	4.40	14' 5.25"		5.30	17' 4.5"	
				5.40	17' 8.5"	
				5.50	18' 0.5"	