

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 1.75</i>	<i>1.75</i>	<i>5'8.75"</i>	<i>Guys 2.50</i>	<i>2.50</i>	<i>8' 2.5"</i>	
runway 2 - session 1	1.90	6'2.75"	runway 2 session 1	2.65	8' 8.25"	
	2.05	6' 8.75"		2.80	9' 2.25"	
	2.20	7' 2.5"		2.95	9' 8"	New 60+ Record
	2.35	7' 8.5"		3.10	10' 2"	
	2.50	8' 2.5"		3.25	10' 8"	
	2.65	8' 8.25"	<i>Guys 3.40</i>	<i>3.40</i>	<i>11' 1.75"</i>	
	2.80	9' 2.25"	runway 2 session 3	3.55	11' 7.75"	
<i>Womens 2.95</i>	<i>2.95</i>	<i>9' 8"</i>		3.70	12' 1.5"	
runway 1 - session 1	3.10	10' 2"	<i>Guys 3.85</i>	<i>3.85</i>	<i>12' 7.5"</i>	
	3.25	10' 8"	runway 1 session 3	4.00	13' 1.5"	New 40+ and 50+ Record
	3.40	11' 1.75"		4.15	13' 7.25"	
	3.50	11' 5.75"	<i>Guys 4.30</i>	<i>4.30</i>	<i>14' 1.25"</i>	
	3.60	11' 9.75"	runway 1 - session 2	4.45	14' 7.25"	
New HS Record	3.70	12' 1.5"		4.60	15' 1"	
New College Record	3.80	12' 5.5"		4.75	15' 7"	New High School Record
New Open Record	3.90	12' 9.5"		4.90	16' 0.75"	New 30+ Record
	4.00	13' 1.5"		5.00	16' 4.75"	New College Record
	4.10	13' 5.25"		5.10	16' 8.75"	
	4.20	13' 9.25"		5.20	17' 0.75"	New Meet/Open Record
	4.30	14' 1.25"		5.30	17' 4.5"	
	4.40	14' 5.25"		5.40	17' 8.5"	
	4.50	14'9"		5.50	18' 0.5"	