



2019 IHSAA Track & Field Tournament Series

Starting height for all vertical jumps is to be consistent throughout the state of Indiana at the sectional level. To determine your site's opening height choose the height that falls closest to the progression. Any heights not in this progression will be rounded down as to not give any site an unfair advantage. As the goal of this new rule will affect only the individuals not finishing in the top 3, the winner may continue to select heights once they are the only competitor remaining.

Girls High Jump Progression

Warm Up Height will be **4" below** opening height.

Opening height must be at an even number

2" progression until 5'

4'06"

4'08"

4'10"

5' 00"- At 5' event judge is to give jumpers the choice to go up in 1" increments

5'02"

5'03"

5'04 1/2" Standard

Boys High Jump Progression

Warm Up Height will be **4" below** opening height.

Opening height must be at an even number

2" progression until 6'

5'06"

5'08"

5'10"

6' 00"- At 6' event judge is to give jumpers the choice to go up in 1" increments

6'02"

6'03"

6'04 1/2" Standard

Girls Pole Vault Progression

Warm up height will be **12" below** opening

Opening height must be at either at a foot or a 6" increment

6" progression until 9' 06"

7' 06"

8' 00"

8' 06"

9' 00"

9' 06"- At 9' 06" event judge is to give vaulters the choice to go up in 4" increments

9' 10"

10' 02"

10' 06"

10' 10"

11' 02" Standard

Boys Pole Vault Progression

Warm up height will be **12" below** opening height.

Opening height must be at either at a foot or a 6" increment

6" progression until 13' 00"

11' 00"

11' 06"

12' 00"

12' 06"

13'00- At 13'00" event judge is to give vaulters the choice to go up in 4" increments

13' 00"

13' 04"

13' 08"

14' 00"

14'04" Standard