

# VERTICAL JUMPS PROGRESSION

## High Jump U20 Men Final

1.83m by 3cm upto 1.98m then by 2cm

## High Jump U20 Women Final

1.40m by 5cm upto 1.50m then by 4cm upto 1.58m then by 3cm upto 1.71m then by 2cm

## High Jump Senior Men Qualifying Round (Advance 1 athlete to the next round)

1.83m by 4cm upto 1.95m then by 3cm upto 2.01m then by 2cm

## High Jump Senior Men Final

1.98m by 3cm upto 2.10m then by 2cm

## High Jump Senior Women Final

1.51m by 5cm upto 1.66m then by 4cm upto 1.82m then by 3cm upto 1.85m then by 2cm

## Pole Vault U20 Men Qualifying round (Advance 1 athlete to the next round)

2.25m by 20cm upto 2.85m then by 15cm upto 3.30m then by 10cm upto 3.40m by 5cm

## Pole Vault U20 Men Final

3.35m by 15cm upto 4.25m then by 10cm upto 4.75m then by 5cm

## Pole Vault U20 Women Qualifying round (Advance 1 athlete for the next round)

2.30m by 20cm upto 2.50m then by 15cm upto 2.80m then by 10cm upto 3.00m then by 5cm

## Pole Vault U20 Women Final

2.87m by 15cm upto 3.32m by 10cm upto 3.87m by 5cm

Pole Vault Senior Men Qualifying round (Advance 3 athletes to the next round)

3.80m by 20 upto 4.20m then by 15cm upto 4.50m then by 10cm upto 4.60m then by 5cm

Pole Vault Senior Men Final

4.48m by 10cm upto 5.18 then by 5cm

Pole Vault Senior Women Qualifying round (advance 4 athletes for the next round)

2.60m by 20cm upto 3.20m then by 15cm upto 3.50 then by 10cm upto 3.60m then by 5cm

Pole Vault Senior Women Final

3.41m by 15cm upto 3.86m by 10cm upto 4.21m by 5cm