



CHALLENGE

Long Beach State | Cal State Fullerton | UC Irvine | UC Santa Barbara

[Jack Rose Track](#) • Long Beach State University

BAR RAISE PROGRESSIONS

Women's High Jump

1.87m	6'1 1/2"
1.84m	6'0 1/2"
1.81m	5'11 1/4"
1.78m	5'10"
1.75m	5'8 3/4"
1.72m	5'7 3/4"
1.67m	5'5 3/4"
1.62m	5'3 3/4"
1.57m	5'1 3/4"
1.52m	4'11 3/4"

Women's Pole Vault

4.36m	14'3 1/2"
4.26m	13'11 3/4"
4.16m	13'7 3/4"
4.06m	13'3 3/4"
3.96m	12'11 3/4"
3.81m	12'6"
3.66m	12'0"
3.51m	11'6 1/4"
3.36m	11'0 1/4"
3.21m	10'6 1/4"
3.06m	10'0 1/4"

Men's High Jump

2.22m	7'3 1/4"
2.19m	7'2 1/4"
2.16m	7'1"
2.13m	6'11 3/4"
2.10m	6'10 3/4"
2.07m	6'9 1/2"
2.02m	6'7 1/2"
1.97m	6'5 1/2"
1.92m	6'3 1/2"
1.87m	6'1 1/2"

Men's Pole Vault

5.50m	18'0 1/2"
5.40m	17'8 1/2"
5.30m	17'4 1/2"
5.20m	17'0 3/4"
5.10m	16'8 3/4"
4.95m	16'2 3/4"
4.80m	15'9"
4.65m	15'3"
4.50m	14'9"
4.35m	14'3 1/4"
4.20m	13'9 1/4"
4.05m	13'3 1/2"
3.90m	12'9 1/2"
3.75m	12'3 1/2"