

**MOVEMENT OF BARS**

Starting Heights - MEN

**High Jump Men**

1.90 - 1.95 - 2.00 - 2.05 - 2.10 - 2.15 - 2.20 - 2.25 – 2.27 – 2.29

**Pole Vault Men**

3.30

**High Jump Decathlon**

 1.60 + 3cm

**Pole Vault Decathlon**

 3.00 + 10cm

Starting Heights – WOMEN

**High Jump Women**

1.60 - 1.65 - 1.70 - 1.73 - 1.76 - 1.79 - 1.82 - 1.85

**Pole Vault Women**

3.00 – 3.10 - 3.20 – 3.30 - 3.40 - 3.50 - 3.60 - 3.70 - 3.80 - 3.90 - 4.00

**High Jump Heptathlon**

 1.40 + 3cm