

# **Medina Last Chance – Starting Heights and Progression**

**Girls Pole Vault** – 6-0, 7-0, 8-0, 8-06, 9-00, 9-06, 10-00, then 3 inches

**Boys Pole Vault** – 8-0, 9-0, 10-00, 11-00, 11-06, 12-00, 12-06, 13-00, then 3 inches

**Girls High Jump** – 4-02, 4-05, 4-08, 4-10, 5-00, then 1 inch

**Boys High Jump** – 4-10, 5-01, 5-04, 5-07, 5-10- 6-00, then 1 inch