

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, 10-06, 11-00, 11-06, 12-00, 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