



2023 NSAA State Track and Field Championships

Starting Heights

<i>Boys</i>	<i>Class A</i>	<i>Class B</i>	<i>Class C</i>	<i>Class D</i>	<i>Girls</i>	<i>Class A</i>	<i>Class B</i>	<i>Class C</i>	<i>Class D</i>
High Jump	5-10	5-10	5-10	5-8	High Jump	4-11	4-11	4-10	4-8
Pole Vault	11-6	12-0	11-6	11-0	Pole Vault	9-0	9-0	8-6	8-0

Warm-up Heights

BOYS HIGH JUMP

GIRLS HIGH JUMP

	A	B	C	D	A	B	C	D
1st 15 min.	5-8	5-8	5-8	5-6	4-9	4-9	4-8	4-6
Next 10 min.	5-10	5-10	5-10	5-8	4-11	4-11	4-10	4-8
Last 5 min.	Heights determined by the event judge				Heights determined by the event judge			

1. Pole Vault – During the initial warm-up period, the runway will be open without a bungee cord or bar. Forty minutes prior to the start of the event, the bungee cord may be placed at the starting height, or 12" or 24" inches above the starting height. At twenty minutes prior to the start of the event, the bar will be placed at height(s) determined by the event judge.

2. High Jump – The first 15 minutes the bar will be placed 2 inches below the starting height. The next 10 minutes the bar will be placed at the starting height and the last 5 minutes the height(s) will be determined by the event judge.