



2021 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	5-7	High Jump	4-10	4-10	4-8	4-7
Pole Vault	12-0	11-6	11-0	10-0	Pole Vault	8-0	8-0	8-0	7-6

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	5-5	4-8	4-8	4-6	4-5
Next 10 min.	5-10	5-10	5-10	5-7	4-10	4-10	4-8	4-7
Last 5 min.	Heights determined by the event judge				Heights determined by the event judge			

1. Pole Vault – The first 20 minutes will be without the bungee cord or the bar. The next 20 minutes the bungee cord may be placed at the starting height, or 12" or 24" above the starting height. The last 20 minutes the bar will be placed at height(s) determined by the event judge. A bungee cord will not be used.

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.