



# 2019 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>
<b>High Jump</b>	5-10	5-10	5-10	5-8	<b>High Jump</b>	4-10	4-10	4-8	4-8
<b>Pole Vault</b>	12-0	12-0	11-6	10-6	<b>Pole Vault</b>	9-0	8-6	8-6	8-0

## Warm-up Heights

### BOYS HIGH JUMP

### GIRLS HIGH JUMP

	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
<b>1st 15 min.</b>	5-8	5-8	5-8	5-6	4-8	4-8	4-6	4-6
<b>Next 10 min.</b>	5-10	5-10	5-10	5-8	4-10	4-10	4-8	4-8
<b>Last 5 min.</b>	Heights determined by the event judge				Heights determined by the event judge			

**1. Pole Vault** – The first 20 minutes will be without the bar. The next 20 minutes the bar may be placed at the starting height or 12" or 24" above the starting height. The last 20 minutes the event judge will determine the height(s). 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.