

2025 Maroon and White Tune Up
Progressions for Vertical Jumps

Final as of – 4/30/2025

High Jump Progressions:

Women 1.45m – 1.50m – 1.55m – 1.60m – 1.65m – 1.70m – 1.75m – 1.78m – 1.81m - +.03

Men – 1.80m – 1.85m – 1.90m – 1.95m – 2.00m – 2.05m – 2.08 - +.03

Pole Vault Progressions:

Women – 3.25m – 3.40m – 3.55m – 3.70m – 3.85m – 3.95m – 4.05m - +.10

Men – 4.05m – 4.20m – 4.40m – 4.60m – 4.75m – 4.90m – 5.05m – 5.20m – 5.30m - +.10