



**2022 USATF REGION 4 JUNIOR OLYMPIC
TRACK & FIELD CHAMPIONSHIPS**
July 07-10, 2022
Winthrop University, Rock Hill, SC



Opening Heights - Verticals

Opening Heights for High Jump and Pole Vault are defined by USATF.

2022 USATF Competition Rules

Rule 302.5(o):

In the National Youth Athletics Championship and the National Junior Olympics Championship the starting heights in the High Jump and Pole Vault shall be 10cm and 30cm, respectively, below the Youth Outdoor Performance Standard established by the Youth Athletics Division at the USATF Annual Meeting. In the Regional Junior Olympics Championships the starting heights in the High Jump and Pole Vault shall be 20cm and 60cm, respectively, below the Youth Outdoor Performance Standard. Increment increases in all stated Championships shall be 5cm in the High Jump and 15cm in the Pole Vault.

Boys / Men

	High Jump		Pole Vault	
	Standard	Opening Height	Standard	Opening Height
8UB	-	-	-	-
9-10B	1.1m	0.90m	-	-
11-12B	1.3m	1.10m	-	-
13-14B	1.55m	1.35m	2.85m	2.25m
15-16B	1.7m	1.50m	3.60m	3.00m
17-18M	1.8m	1.60m	4.15m	3.55m

Girls / Women

	High Jump		Pole Vault	
	Standard	Opening Height	Standard	Opening Height
8UB	-	-	-	-
9-10G	1.1m	0.90m	-	-
11-12G	1.3m	1.10m	-	-
13-14G	1.4m	1.20m	2.35m	1.75m
15-16G	1.45m	1.25m	2.55m	1.95m
17-18W	1.55m	1.35m	2.95m	2.35m

*** Events can run up to 30 minutes ahead of schedule ***