

**Elite Meet Vertical Jumps Progressions**

**Open**

Men's PV		Men's HJ		Women's PV		Women's HJ	
3.71	12' 2"	1.77	5' 9 3/4"	2.63	8' 7 1/2"	1.39	4' 6 3/4"
3.86	12' 8"	1.82	5' 11 1/2"	2.78	9' 1 1/4"	1.44	4' 8 3/4"
4.01	13' 1 3/4"	1.87	6' 1 1/2"	2.93	9' 7"	1.49	4' 10 1/2"
4.16	13' 7 3/4"	1.92	6' 3 1/2"	3.08	10' 1 1/2"	1.54	5' 1/2"
4.31	14' 1 3/4"	1.95	6' 4 3/4"	3.23	10' 7 1/4"	1.59	5' 2 1/2"
4.46	14' 7 1/2"	1.98	6' 6"	3.33	10' 11"	1.62	5' 3 3/4"
4.61	15' 1 1/2"	2.01	6' 7"	3.43	11' 3"	1.65	5' 5"
4.76	15' 7 1/2"	2.04	6' 8 1/4"	3.53	11' 7"	1.68	5' 6"
4.86	15' 11 1/4"	2.07	6' 9 1/2"	3.63	11' 11"	1.71	5' 7 1/4"
4.91	16' 1 1/4"	2.10	6' 10 1/2"	3.68	12' 1"	1.74	5' 8 1/2"
4.96	16' 3 1/4"			3.73	12' 2 3/4"		
5.01	16' 5 1/4"			3.78	12' 4 3/4"		

**Multi's**

Women's HJ		Men's HJ	
1.15	3' 9 1/4"	1.41	4' 7 1/2"
1.18	3' 10 1/2"	1.44	4' 8 3/4"
1.21	3' 11 1/2"	1.47	4' 9 3/4"
1.24	4' 3/4"	1.50	4' 11"
1.27	4' 2"	1.53	5' 1/4"
1.30	4' 3 1/4"	1.56	5' 1 1/2"
1.33	4' 4 1/4"	1.59	5' 2 1/2"
1.36	4' 5 1/2"	1.62	5' 3 3/4"
1.39	4' 6 3/4"	1.65	5' 5"
1.42	4' 8"	1.68	5' 6"
1.45	4' 9"	1.71	5' 7 1/4"
1.48	4' 10 1/4"	1.74	5' 8 1/2"
1.51	4' 11 1/2"	1.77	5' 9 3/4"
1.54	5' 1/2"	1.80	5' 10 3/4"
1.57	5' 1 3/4"	1.83	6'
1.60	5' 3"	1.86	6' 1 1/4"
1.63	5' 4 1/4"	1.89	6' 2 1/2"
1.66	5' 5 1/4"	1.92	6' 3 1/2"
1.69	5' 6 1/2"	1.95	6' 4 3/4"
1.72	5' 7 3/4"	1.98	6' 6"
1.75	5' 9"	2.01	6' 7"