

2026 BC ATHLETICS OUTDOOR TRACK & FIELD CHAMPIONSHIPS

BAR PROGRESSIONS – VERTICAL JUMPS

WOMENS U16 HIGH JUMP

1.16m – Up by 5cm

MENS U16 HIGH JUMP

1.23m – Up by 5cm

WOMENS U18 HIGH JUMP

1.23m – Up by 5cm

MENS U18 HIGH JUMP

1.46m – Up by 5cm

WOMENS U20 + SENIOR HIGH JUMP

1.20m – Up by 5cm

MENS U20 + SENIOR HIGH JUMP

1.50m – Up by 5cm

WOMENS U16 + U18 POLE VAULT

1.57m – Up by 15cm to 3.22m – Up by 10cm to 3.52m – then up by 5 cm

MENS U16 + U18 POLE VAULT

1.84m – Up by 15cm to 3.79m – Up by 10cm to 3.99m – then up by 5 cm

WOMENS U20 + SENIOR POLE VAULT

1.80m – Up by 15cm to 3.30m – Up by 10cm to 3.70m – then up by 5 cm

MENS U20 + SENIOR POLE VAULT

3.00m – Up by 20cm to 3.20m – Up by 15cm to 4.25m – Up by 10cm to 4.65m – then up by 5 cm