



# POLE VAULTERS & HIGH JUMPERS

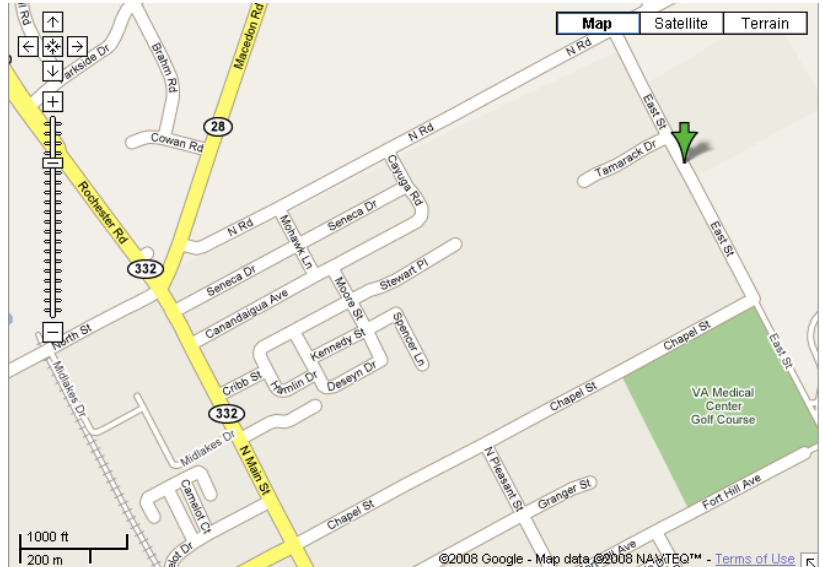
**Need an extra competition before sectionals? Want a chance to better your performance on the leaderboard? Come to the Canandaigua Academy for an extra opportunity to vault or jump.**

Date: Tuesday, January 29<sup>th</sup>

Time: 6:00pm

Location: Canandaigua Academy  
435 East Street  
Canandaigua, New York

Sign up by sending an email to  
[dedrickr@canandaiguaschools.org](mailto:dedrickr@canandaiguaschools.org)



Pole Vault – Girls Starting height = 6ft, up by 6”  
- Boys Starting height = 7ft, up by 6”  
- Girls, then boys  
- Please be aware we only have a 70ft runway, so those with long approaches may not want to attend

High Jump – Girls Starting height = 3’9”, up by 3” until 4’6” (then by 2”)  
- Boys Starting height = 4’9”, up by 3” until 5’6” (then by 2”)  
- Boys, then girls