

4.00

HIGH JUMP-POLE VAULT

5.49

Meters	Feet & Inches	Meters	Feet & Inches	Meters	Feet & Inches
4.00	13- 1 1/2	4.50	14- 9	5.00	16- 4 3/4
4.01	13- 1 3/4	4.51	14- 9 1/2	5.01	16- 5 1/4
4.02	13- 2 1/4	4.52	14-10	5.02	16- 5 1/2
4.03	13- 2 1/2	4.53	14-10 1/4	5.03	16- 6
4.04	13- 3	4.54	14-10 3/4	5.04	16- 6 1/2
4.05	13- 3 1/2	4.55	14-11	5.05	16- 6 3/4
4.06	13- 3 3/4	4.56	14-11 1/2	5.06	16- 7 1/4
4.07	13- 4 1/4	4.57	15- 0	5.07	16- 7 1/2
4.08	13- 4 1/2	4.58	15- 0 1/4	5.08	16- 8
4.09	13- 5	4.59	15- 0 3/4	5.09	16- 8 1/4
4.10	13- 5 1/4	4.60	15- 1	5.10	16- 8 3/4
4.11	13- 5 3/4	4.61	15- 1 1/2	5.11	16- 9 1/4
4.12	13- 6 1/4	4.62	15- 1 3/4	5.12	16- 9 1/2
4.13	13- 6 1/2	4.63	15- 2 1/4	5.13	16-10
4.14	13- 7	4.64	15- 2 3/4	5.14	16-10 1/4
4.15	13- 7 1/4	4.65	15- 3	5.15	16-10 3/4
4.16	13- 7 3/4	4.66	15- 3 1/2	5.16	16-11
4.17	13- 8 1/4	4.67	15- 3 3/4	5.17	16-11 1/2
4.18	13- 8 1/2	4.68	15- 4 1/4	5.18	17- 0
4.19	13- 9	4.69	15- 4 1/2	5.19	17- 0 1/4
4.20	13- 9 1/4	4.70	15- 5	5.20	17- 0 3/4
4.21	13- 9 3/4	4.71	15- 5 1/2	5.21	17- 1
4.22	13-10	4.72	15- 5 3/4	5.22	17- 1 1/2
4.23	13-10 1/2	4.73	15- 6 1/4	5.23	17- 1 3/4
4.24	13-11	4.74	15- 6 1/2	5.24	17- 2 1/4
4.25	13-11 1/4	4.75	15- 7	5.25	17- 2 3/4
4.26	13-11 3/4	4.76	15- 7 1/4	5.26	17- 3
4.27	14- 0	4.77	15- 7 3/4	5.27	17- 3 1/2
4.28	14- 0 1/2	4.78	15- 8 1/4	5.28	17- 3 3/4
4.29	14- 0 3/4	4.79	15- 8 1/2	5.29	17- 4 1/4
4.30	14- 1 1/4	4.80	15- 9	5.30	17- 4 1/2
4.31	14- 1 3/4	4.81	15- 9 1/4	5.31	17- 5
4.32	14- 2	4.82	15- 9 3/4	5.32	17- 5 1/2
4.33	14- 2 1/2	4.83	15-10	5.33	17- 5 3/4
4.34	14- 2 3/4	4.84	15-10 1/2	5.34	17- 6 1/4
4.35	14- 3 1/4	4.85	15-11	5.35	17- 6 1/2
4.36	14- 3 1/2	4.86	15-11 1/4	5.36	17- 7
4.37	14- 4	4.87	15-11 3/4	5.37	17- 7 1/4
4.38	14- 4 1/2	4.88	16- 0	5.38	17- 7 3/4
4.39	14- 4 3/4	4.89	16- 0 1/2	5.39	17- 8 1/4
4.40	14- 5 1/4	4.90	16- 0 3/4	5.40	17- 8 1/2
4.41	14- 5 1/2	4.91	16- 1 1/4	5.41	17- 9
4.42	14- 6	4.92	16- 1 3/4	5.42	17- 9 1/4
4.43	14- 6 1/4	4.93	16- 2	5.43	17- 9 3/4
4.44	14- 6 3/4	4.94	16- 2 1/2	5.44	17-10 1/4
4.45	14- 7 1/4	4.95	16- 2 3/4	5.45	17-10 1/2
4.46	14- 7 1/2	4.96	16- 3 1/4	5.46	17-11
4.47	14- 8	4.97	16- 3 1/2	5.47	17-11 1/4
4.48	14- 8 1/4	4.98	16- 4	5.48	17-11 3/4
4.49	14- 8 3/4	4.99	16- 4 1/2	5.49	18- 0

18-0

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5.50 HIGH JUMP-POLE VAULT

Meters	Feet & Inches	Meters	Feet & Inches
5.50	18- 0 1/2	6.00	19- 8 1/4
5.51	18- 1	6.01	19- 8 1/2
5.52	18- 1 1/4	6.02	19- 9
5.53	18- 1 3/4	6.03	19- 9 1/4
5.54	18- 2	6.04	19- 9 3/4
5.55	18- 2 1/2	6.05	19-10 1/4
5.56	18- 3	6.06	19-10 1/2
5.57	18- 3 1/4	6.07	19-11
5.58	18- 3 3/4	6.08	19-11 1/4
5.59	18- 4	6.09	19-11 3/4
5.60	18- 4 1/2	6.10	20- 0
5.61	18- 4 3/4	6.11	20- 0 1/2
5.62	18- 5 1/4	6.12	20- 1
5.63	18- 5 1/2	6.13	20- 1 1/4
5.64	18- 6	6.14	20- 1 3/4
5.65	18- 6 1/2	6.15	20- 2
5.66	18- 6 3/4	6.16	20- 2 1/2
5.67	18- 7 1/4	6.17	20- 2 3/4
5.68	18- 7 1/2	6.18	20- 3 1/4
5.69	18- 8	6.19	20- 3 3/4
5.70	18- 8 1/4	6.20	20- 4
5.71	18- 8 3/4	6.21	20- 4 1/2
5.72	18- 9 1/4	6.22	20- 4 3/4
5.73	18- 9 1/2	6.23	20- 5 1/4
5.74	18-10	6.24	20- 5 1/2
5.75	18-10 1/4	6.25	20- 6
5.76	18-10 3/4	6.26	20- 6 1/2
5.77	18-11	6.27	20- 6 3/4
5.78	18-11 1/2	6.28	20- 7 1/4
5.79	19- 0	6.29	20- 7 1/2
5.80	19- 0 1/4	6.30	20- 8
5.81	19- 0 3/4	6.31	20- 8 1/2
5.82	19- 1	6.32	20- 8 3/4
5.83	19- 1 1/2	6.33	20- 9 1/4
5.84	19- 2	6.34	20- 9 1/2
5.85	19- 2 1/4	6.35	20-10
5.86	19- 2 3/4	6.36	20-10 1/4
5.87	19- 3	6.37	20-10 3/4
5.88	19- 3 1/2	6.38	20-11 1/4
5.89	19- 3 3/4	6.39	20-11 1/2
5.90	19- 4 1/4	6.40	21- 0
5.91	19- 4 3/4	6.41	21- 0 1/4
5.92	19- 5	6.42	21- 0 3/4
5.93	19- 5 1/2	6.43	21- 1
5.94	19- 5 3/4	6.44	21- 1 1/2
5.95	19- 6 1/4	6.45	21- 2
5.96	19- 6 1/2	6.46	21- 2 1/4
5.97	19- 7	6.47	21- 2 3/4
5.98	19- 7 1/2	6.48	21- 3
5.99	19- 7 3/4	6.49	21- 3 1/2

18-0 1/2

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MILES
PER HOUR

To determine miles per hour, divide time (in seconds) into the key number for the distance run:

	Key No.
10m	22.37
100y	204.55
100m	223.70
110m	246.07
200m	447.4
220y	450
400m	896
440y	900
800m	1789
880y	1800
1000m	2237
1500m	3356
1600m	3579
1 mile	3600
3000m	6711
2 miles	7200
3 miles	10800
5000m	11185
6 miles	21600
10,000m	22370
marathon	94388

KILOMETERS
PER HOUR

To determine kilometers per hour, divide time (in seconds) into the key number for the distance run:

	Key No.
10m	36
100m	360
110m	396
200m	720
400m	1440
800m	2880
1000m	3600
1500m	5400
1600m	5760
1 mile	5794
2000m	7200
3000m	10800
5000m	18000
10000m	36000
marathon	151902