

2026 England Athletics Sen/U20 Outdoor Championships

Jumps Starting Heights and Progressions:

		Entry Standard	World U20 std/ European std	
U20 Men	High Jump	195	World 2.15	182- 187-192-197-201-205-209-212- 215 plus 3's
	Pole Vault	400	World 5.20	360-380-400-420-435-450 +10cm
	Triple Jump	13.50	World 15.70	11m & 13m Take Off Board
U20 Women	High Jump	165	World 1.84	155-160-165-169-172-175-178-181- 184 plus 3's
	Pole Vault	320	World 4.15	275-295-315-330-345-355 +10cm
	Triple Jump	11.20	World 13.10	9m & 11m Take Off Board
Sen Men	High Jump	200	European 2.27	191-196-201-206-210-214-218-221 plus 3's
	Pole Vault	460	European 5.82	410-430-450-465-480-495-505+10cm
	Triple Jump	14.50	European 16.80	11m & 13m Take Off Board
Sen Women	High Jump	172	European 1.94	164-169-173-176-179-182 plus 3's
	Pole Vault	355	European 4.60	310-330-350-365-380-390 +10cm
	Triple Jump	12.50	European 14.20	9m & 11m Take Off Board

Combined Events:

Progressions to go through relevant standards but no defined starting height and be based on athlete entries bests.