



EUROPEAN MASTERS ATHLETICS CHAMPIONSHIPS 2019

		PROGRESSION HJ + PW
<b>HIGH JUMP</b>	<b>MEN 35-40</b>	<b>1.40-1.45-1.50 + 3</b>
	<b>MEN 45-50</b>	<b>1.30-1.35-1.40 + 3</b>
	<b>MEN 55-60</b>	<b>1.15-1.20-1.25 + 3</b>
	<b>MEN 65-70</b>	<b>1.00-1.05-1.10 + 3</b>
		<b>0.85-0.90-0.95 + 3</b>
<b>HIGH JUMP</b>	<b>WOMEN 35-45</b>	<b>1.15-1.20-1.25 -1.30 +3</b>
	<b>WOMEN 50-55</b>	<b>1.05-1.10-1.15-1.20 + 3</b>
	<b>WOMEN 60-65</b>	<b>0.95-1.00-1.05 + 3</b>
	<b>WOMEN 70+</b>	<b>0.80-0.85-0.90 + 3</b>
<b>POLE VAULT</b>	<b>MEN 35-45</b>	<b>2.30-2.40-2.50-2.60-2.70 + 5</b>
	<b>MEN 50-60</b>	<b>1.80-1.90-2.00-2.10-2.20-2.30-2.40-2.50 + 5</b>
	<b>MEN 65+</b>	<b>1.80-1.90-2.00-2.10-2.20 + 5</b>
	<b>WOMAN ALL</b>	<b>1.80-1.90-2.00-2.10-2.20 + 5</b>
<b>HIGH JUMP</b>	<b>ALL CATEGORIES</b>	<b>100 +- 3</b>
<b>COMBINED EVENTS</b>	<b>MEN/WOMAN</b>	
<b>POLE VAULT</b>	<b>ALL CATEGORIES</b>	<b>200 +-10</b>
<b>COMBINED EVENTS</b>	<b>MEN</b>	

