

NSWCCC ATHLETICS CHAMPIONSHIPS

START JUMPS SPECIFICATIONS

Girls

| | Distance | Increment |
|-----------|----------|---|
| 12 Years | 1.20 | 5cm first increment then 3cm |
| 13 Years | 1.20 | 10cm first increment then 5cm until 5 competitors remaining. Then 3cm |
| 14 Years | 1.25 | 10cm first increment then 5cm until 5 competitors remaining. Then 3cm |
| 15 Years | 1.30 | 10cm first increment then 5cm until 5 competitors remaining. Then 3cm |
| 16 Years | 1.30 | 10cm first increment then 5cm until 5 competitors remaining. Then 3cm |
| 17+ Years | 1.35 | 10cm first increment then 5cm until 5 competitors remaining. Then 3cm |

Boys

| | Distance | Increment |
|-----------|----------|---|
| 12 Years | 1.35 | 5cm first increment then 3cm |
| 13 Years | 1.40 | 10cm first increment then 5cm until 5 competitors remaining. Then 3cm |
| 14 Years | 1.45 | 10cm first increment then 5cm until 5 competitors remaining. Then 3cm |
| 15 Years | 1.50 | 10cm first increment then 5cm until 5 competitors remaining. Then 3cm |
| 16 Years | 1.60 | 10cm first increment then 5cm until 5 competitors remaining. Then 3cm |
| 17+ Years | 1.65 | 10cm first increment then 5cm until 5 competitors remaining. Then 3cm |