

ALL BRAND UNIVERSAL POLE RESISTANCE CHART

10' Scale 10'0"-10'5"		Make NOTE a single resistance number will increase the stiffness of the pole 5 lbs.!																											
1	10' 60																		1										
2	10' 65	10'6" Scale																	2										
3	10' 70	= 10'6 60		To build a better progression of poles in your program. First circle all the sizes you currently have at your disposal. Then fill in the key pole sizes.															3										
4	10' 75	= 10'6 65																	4										
5	10' 80	= 10'6 70		11' scale		The 25 highlighted poles on this chart are called "key poles" These "key poles will accommodate approximately 90% of all HS vaulters in a program!												5											
6	10' 85	= 10'6 75		11'0"-11'5"														6											
7	10' 90	= 10'6 80		= 11' 70														7											
8	10' 95	= 10'6 85		= 11' 75														8											
9	10' 100	= 10'6 90		= 11' 80														11'6" scale		9									
10	10' 105	= 10'6 95		= 11' 85		11'6 to 11'11		10																					
11	10' 110	= 10'6 100		= 11' 90		= 11'6 80		12' scale		11																			
12	10' 115	= 10'6 105		= 11' 95		= 11'6 85		12'0 to 12'5		12																			
13	10' 120	= 10'6 110		= 11' 100		= 11'6 90		= 12' 80		13																			
14	10' 125	= 10'6 115		= 11' 105		= 11'6 95		= 12' 85		14																			
15	10' 130	= 10'6 120		= 11' 110		= 11'6 100		= 12' 90		12'6" scale		15																	
16	10' 135	= 10'6 125		= 11' 115		= 11'6 105		= 12' 95		12'6-12'11		16																	
17	10' 140	= 10'6 130		= 11' 120		= 11'6 110		= 12' 100		= 12'6 90		17																	
18	10' 145	= 10'6 135		= 11' 125		= 11'6 115		= 12' 105		= 12'6 95		18																	
19	10' 150	= 10'6 140		= 11' 130		= 11'6 120		= 12' 110		= 12'6 100		13' scale		19															
20		= 10'6 145		= 11' 135		= 11'6 125		= 12' 115		= 12' 6 105		13'0"-13'5"		20															
21		= 10'6 150		= 11' 140		= 11'6 130		= 12' 120		= 12'6 110		= 13' 100		13'6" scale		21													
22				= 11' 145		= 11'6 135		= 12' 125		= 12'6 115		= 13' 105		13'6-13'10"		22													
23				= 11' 150		= 11'6 140		= 12' 130		= 12'6 120		= 13' 110		= 13'6 100		23													
24				= 11' 155		= 11'6 145		= 12' 135		= 12'6 125		= 13' 115		= 13'6 105		24													
25				= 11' 160		= 11'6 150		= 12' 140		= 12'6 130		= 13' 120		= 13'6 110		14' scale		25											
26						= 11'6 155		= 12' 145		= 12'6 135		= 13' 125		= 13'6 115		13'11-14'5"		26											
27						= 11'6 160		= 12' 150		= 12'6 140		= 13' 130		= 13'6 120		= 14' 110		27											
28						= 11'6 165		= 12' 155		= 12'6 145		= 13' 135		= 13'6 125		= 14' 115		28											
29						= 11'6 170		= 12' 160		= 12'6 150		= 13' 140		= 13'6 130		= 14' 120		14'6" scale		29									
										12'0 to 12'5		12'6-12'11		13'0"-13'5"		13'6-13'11		14'0-14'5		14'6-14'11		30							
30	The 25 highlighted poles on this chart are called "key poles" And these fit approximately 90% of all HS vaulters in a program!						= 12' 165		= 12'6 155		= 13' 145		= 13'6 135		= 14' 125		= 14'6 115				30								
31							= 12' 170		= 12'6 160		= 13' 150		= 13'6 140		= 14' 130		= 14'6 120		= 15' 130		15' scale				31				
32							= 12' 175		= 12'6 165		= 13' 155		= 13'6 145		= 14' 135		= 14'6 125		= 15' 135		15'-15'5"				32				
33			= 12' 180		= 12'6 170		= 13' 160		= 13'6 150		= 14' 140		= 14'6 130		= 15' 120				33										
34					= 12'6 175		= 13' 165		= 13'6 155		= 14' 145		= 14'6 135		= 15' 125				34										
35					= 12'6 180		= 13' 170		= 13'6 160		= 14' 150		= 14'6 140		= 15' 130		15'6" scale		35										
36							= 13' 175		= 13'6 165		= 14' 155		= 14'6 145		= 15' 135		15'6-15'9"		36										
37							= 13' 180		= 13'6 170		= 14' 160		= 14'6 150		= 15' 140		= 15'6 130		37										
38							= 13' 185		= 13'6 175		= 14' 165		= 14'6 155		= 15' 145		= 15'6 135		38										
39							= 13' 190		= 13'6 180		= 14' 170		= 14'6 160		= 15' 150		= 15'6 140		16' scale		39								
40									= 13'6 185		= 14' 175		= 14'6 165		= 15' 155		= 15'6 145		16'-16'4"		40								
41									= 13'6 190		= 14' 180		= 14'6 170		= 15' 160		= 15'6 150		= 16' 140		41								
42									= 13'6 195		= 14' 185		= 14'6 175		= 15' 165		= 15'6 155		= 16' 145		42								
43									= 13'6 200		= 14' 190		= 14'6 180		= 15' 170		= 15'6 160		= 16' 150		16'6" scale		43						
44											= 14' 195		= 14'6 185		= 15' 175		= 15'6 165		= 16' 155		16'5-16.9		44						
45	Make NOTE a single resistance number will increase the stiffness of the pole 5 lbs.!												= 14' 200		= 14'6 190		= 15' 180		= 15'6 170		= 16' 160		= 16'6 150		45				
46							To build a better progression of poles in your program. First circle all the sizes you currently have at your disposal. Then fill in the key pole sizes.												= 14'6 195		= 15' 185		= 15'6 175		= 16' 165		= 16'6 155		46
47																							= 14'6 200		= 15' 190		= 15'6 180		= 16' 170
48																			= 14'6 205		= 15' 195		= 15'6 185		= 16' 175		= 16'6 165		48
49	From the chart one can learn how to place vaulter on the correct size and weight pole!														= 15' 200		= 15'6 190		= 16' 180		= 16'6 170		49						
50							If on a pole rated under your weight look at a R# less and on a shorter pole for the very best results.														= 15' 205		= 15'6 195		= 16' 185		= 16'6 175		50
51																									= 15' 210		= 15'6 200		= 16' 190
52																					= 15'6 205		= 16' 195		= 16'6 185		52		
53																	= 15'6 210		= 16' 200		= 16'6 190		53						
54																	= 15'6 215		= 16' 205		= 16'6 195		54						
55	The original chart was founded by Jan Johnson www.skyjumpers.com , Jan has provided permission to extrapolate and set the chart to match all brands of poles. When setting up your current inventory you may wish to set some poles at C-D & E on your personal chart based on their resistance stiffness within the R#. Example a 34B=147 and you may have a 149 label it 34C.																				= 16' 210		= 16'6 200		55				
56																									= 16' 215		= 16'6 205		56
57																									= 16' 220		= 16'6 210		57
58																									= 16'6 215				58

