

4'0"	5'9.25" 1L 10'11.5" 2L 17'2.5" 3L 238.5"	6'4.75" 1L 11'7.25" 2L 17'10" 3L 244"	7'0.25" 1L 12'2.5" 2L 18'5.5" 3L 241.5"	8'2.5" 1L 13'4.75" 2L 19'7.75" 3L 261.75"	9'10.75" 1L 15'1.25" 2L 21'4" 3L 27'10"	10'5.5" 1L 15'7.75" 2L 21'10.75" 3L 28'4.75"	11'6" 1L 16'2.5" 2L 22'5.25" 3L 28'11.25"	11'6.5" 1L 16'9" 2L 22'11.75" 3L 29'5.75"	12'1" 1L 17'3.5" 2L 23'6.25" 3L 30'0.25"	12'7.5" 1L 17'9.75" 2L 24'0.75" 3L 30'6.75"	13'1.75" 1L 18'4.25" 2L 24'7" 3L 31'1"	13'8.25" 1L 18'10.5" 2L 25'1.5" 3L 31'7.5"	14'2.5" 1L 19'5" 2L 25'7.75" 3L 32'1.75"
4'3"	5'6" 1L 11'0.25" 2L 17'7.75" 3L 246.75"	6'2" 1L 11'8.25" 2L 18'3.75" 3L 252.75"	6'9.5" 1L 12'4" 2L 18'11.5" 3L 2510.25"	8'0.25" 1L 13'6.5" 2L 20'2" 3L 27'1"	9'9" 1L 15'3.25" 2L 21'10.75" 3L 28'9.75"	10'3.75" 1L 15'10" 2L 22'5.5" 3L 29'4.5"	11'5" 1L 16'11.25" 2L 23'6.75" 3L 30'5.75"	11'5.5" 1L 16'8.75" 2L 24'1.25" 3L 31'0.25"	11'11.5" 1L 17'5.75" 2L 24'7.75" 3L 31'6.75"	12'6" 1L 18'0.25" 2L 24'7.75" 3L 31'6.75"	13'0.5" 1L 18'6.75" 2L 25'2.25" 3L 32'1.25"	13'7" 1L 19'1.25" 2L 25'8.75" 3L 32'7.5"	14'1.25" 1L 19'7.5" 2L 26'3.25" 3L 33'2"
4'6"	5'2.5" 1L 11'0.75" 2L 18'1" 3L 254.75"	5'10.75" 1L 11'9" 2L 18'9.25" 3L 261"	6'6.75" 1L 12'5" 2L 19'5.25" 3L 269"	7'9.75" 1L 13'0.5" 2L 20'8.25" 3L 280"	9'7" 1L 15'5.25" 2L 22'5.5" 3L 29'9.25"	10'1.75" 1L 16'0" 2L 23'0.25" 3L 30'4"	10'8.5" 1L 16'6.75" 2L 23'7" 3L 30'10.75"	11'3.25" 1L 17'1.5" 2L 24'1.75" 3L 31'5.5"	11'10" 1L 17'8" 2L 24'8.25" 3L 32'0"	12'4.5" 1L 18'2.75" 2L 25'3" 3L 32'6.75"	12'11" 1L 18'9.25" 2L 25'9.5" 3L 33'1.25"	13'5.5" 1L 19'3.75" 2L 26'4.5" 3L 33'7.75"	14'0" 1L 19'10.25" 2L 26'10.25" 3L 34'2"
4'9"	4'10.5" 1L 11'0.5" 2L 18'5.5" 3L 262.25"	5'7.25" 1L 11'9.5" 2L 19'2.5" 3L 261.1"	6'3.75" 1L 12'5.75" 2L 19'10.75" 3L 277.25"	7'7.25" 1L 13'1.75" 2L 20'6.5" 3L 283.25"	9'5" 1L 15'7" 2L 23'0" 3L 30'8.5"	9'11.75" 1L 16'2" 2L 23'7" 3L 31'3.5"	10'6.75" 1L 16'8.75" 2L 24'1.75" 3L 31'10.25"	11'1.5" 1L 17'3.5" 2L 24'8.5" 3L 32'5.25"	11'8.25" 1L 17'10.25" 2L 25'3.25" 3L 32'11.75"	12'2.75" 1L 18'5" 2L 25'9.75" 3L 33'6.5"	12'9.5" 1L 18'11.5" 2L 26'4.5" 3L 34'1"	13'4" 1L 19'6" 2L 26'11" 3L 34'7.75"	13'10.5" 1L 20'0.5" 2L 27'5.5" 3L 35'2.25"
5'0"	4'6" 1L 11'0" 2L 18'9.5" 3L 261.1"	5'3.5" 1L 11'9.5" 2L 19'7" 3L 278.5"	6'0.25" 1L 12'6.25" 2L 20'3.75" 3L 285.25"	7'4.5" 1L 13'10.5" 2L 21'8" 3L 299.5"	9'2.75" 1L 15'8.75" 2L 23'6.25" 3L 31'7.75"	9'9.75" 1L 16'3.75" 2L 24'1.25" 3L 32'2.75"	10'4.75" 1L 17'0.5" 2L 24'8.25" 3L 32'9.75"	10'11.5" 1L 17'5.5" 2L 25'3.25" 3L 33'4.75"	11'6.5" 1L 18'0.5" 2L 25'10" 3L 33'11.5"	12'1" 1L 18'7" 2L 26'4.75" 3L 34'6.25"	12'7.75" 1L 19'1.75" 2L 26'11.5" 3L 35'1"	13'2.5" 1L 19'8.5" 2L 27'6" 3L 35'7.5"	13'9" 1L 20'3" 2L 28'0.5" 3L 36'2"
5'3"	4'0.75" 1L 10'10.75" 2L 19'1" 3L 277.5"	4'11.25" 1L 11'9" 2L 19'11.25" 3L 285.75"	5'8.5" 1L 12'6.25" 2L 20'8.75" 3L 293"	7'1.25" 1L 13'11.25" 2L 22'1.5" 3L 308"	9'0.25" 1L 15'10" 2L 24'0.5" 3L 32'6.75"	9'7.5" 1L 16'5.25" 2L 24'7.75" 3L 33'2"	10'2.5" 1L 17'0.5" 2L 25'2.75" 3L 33'9"	10'9.5" 1L 17'7.5" 2L 25'9.75" 3L 34'4"	11'4.5" 1L 18'2.25" 2L 26'4.75" 3L 34'11"	11'11.25" 1L 18'9.25" 2L 26'11.5" 3L 35'5.75"	12'6" 1L 19'4" 2L 27'6.25" 3L 36'0.5"	13'0.75" 1L 19'10.5" 2L 28'1" 3L 36'7.25"	13'7.25" 1L 20'5.25" 2L 28'7.5" 3L 37'2"
5'6"	4'6.25" 1L 11'8" 2L 20'3" 3L 292.25"	5'4.25" 1L 12'6" 2L 21'1" 3L 300.25"	6'10" 1L 13'11.75" 2L 22'6.75" 3L 316"	7'6.25" 1L 14'8" 2L 23'3" 3L 322.25"	8'9.5" 1L 15'11.5" 2L 24'6.25" 3L 335.5"	9'5" 1L 16'6.75" 2L 25'1.75" 3L 34'1"	10'0.25" 1L 17'2" 2L 25'9" 3L 34'8.25"	10'7.5" 1L 17'9.25" 2L 26'4.25" 3L 35'3.5"	11'2.5" 1L 18'4.25" 2L 26'11.25" 3L 35'10.5"	11'9.25" 1L 18'11" 2L 27'6" 3L 36'5.25"	12'4.25" 1L 19'6" 2L 28'1" 3L 37'0.25"	12'11" 1L 20'0.75" 2L 28'7.75" 3L 37'7"	13'5.75" 1L 20'7.5" 2L 29'2.5" 3L 38'1.75"
5'9"	4'0.5" 1L 11'6.25" 2L 20'6" 3L 291'0"	4'11.5" 1L 12'5.25" 2L 21'5" 3L 309"	6'6.25" 1L 14'0" 2L 22'11.75" 3L 323.75"	7'2.75" 1L 14'8.5" 2L 24'4.25" 3L 338.5"	8'6.75" 1L 16'0.5" 2L 25'0.25" 3L 34'4.25"	9'2.5" 1L 16'8" 2L 25'7.75" 3L 34'11.75"	9'9.75" 1L 17'3.5" 2L 26'3.25" 3L 35'7.25"	10'5" 1L 17'10.75" 2L 26'10.5" 3L 36'2.5"	11'0.25" 1L 18'6" 2L 27'5.5" 3L 36'9.75"	11'7.25" 1L 19'1" 2L 28'0.5" 3L 37'4.75"	12'2.25" 1L 19'8" 2L 28'7.5" 3L 37'11.75"	12'9" 1L 20'2.75" 2L 29'2.5" 3L 38'6.5"	13'3.75" 1L 20'9.5" 2L 29'9.25" 3L 39'1.25"
6'0"	4'6.25" 1L 12'3.75" 2L 21'8.25" 3L 315.25"	4'6.25" 1L 12'3.75" 2L 21'8.25" 3L 315.25"	6'2.25" 1L 14'0" 2L 23'4.25" 3L 331.25"	7'7.75" 1L 15'5.25" 2L 24'9.75" 3L 346.75"	8'3.75" 1L 16'1.5" 2L 25'5.75" 3L 35'2.75"	8'11.5" 1L 16'9.25" 2L 26'1.5" 3L 35'10.5"	9'7.25" 1L 17'4.75" 2L 26'9" 3L 36'6"	10'2.5" 1L 18'0.25" 2L 27'4.5" 3L 37'1.5"	10'10" 1L 18'7.5" 2L 27'11.75" 3L 37'6.75"	11'5" 1L 19'2.75" 2L 28'7" 3L 38'4"	12'0" 1L 19'9.75" 2L 29'2" 3L 38'11"	12'7" 1L 20'4.75" 2L 29'9" 3L 39'6"	13'2" 1L 20'11.5" 2L 30'3.75" 3L 40'0.75"



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Takeoff marks are based on the athlete's height (y axis) and grip (x axis) on the pole and calculated by the pythagorean theorem. 1 Left, 2 Lefts and 3 Lefts are estimated based on the athletes stride length and an overall "average" speed. Faster athletes will be further back, slower athletes will be closer.

These numbers are meant to be starting points to allow coaches to be confident that athletes are starting from the right mark without having to go through the process of "finding their step".