

ALL LENGTH UNIVERSAL POLE RESISTANCE CHART																			
R#	10'0"-10'5"	FF#	OF#																R#
1	10' 60			10'6"-10'11"	www.FiberSport Poles.com														1
2	10' 65				NOTE: A single resistance number will increase the stiffness 5 lbs.!														2
3	10' 70	=		10'6 60	Most Needed 24 Poles for a Club or School Highlighted in Bold GREEN														3
4	10' 75	=		10'6 65	FF#	OF#	MF# IS A Metric MID-FLEX # IF# is Imperial Flex -USED TO help you get stiffness												4
5	10' 80	=		10'6 70			11'0"-11'5"	A SMALLER NUMBER IS STIFFER & A LARGER NUMBER IS SOFTER											5
6	10' 85	=		10'6 75				NOW CAN COMPARE THE FLEX OF A SHORTER POLE TO SEE THE EQUAL TO A LONGER POLE, A STEP UP IS THE NEXT POLE PROGRESSION. RECOMMENDED AT LEAST JUMPING OVER YOUR HANDHOLD & THE NEXT POLE AT MIN.10LBS OVER YOUR											6
7	10' 90	=		10'6 80	=		11' 70												7
8	10' 95	=		10'6 85	=		11' 75												8
9	10' 100	19.0	7.5	10'6 90	=		11' 80	WEIGHT.	11'6"-11'11"										9
10	10' 105	=		10'6 95	=		11' 85	FF#	OF#										10
11	10' 110	=		10'6 100	20.8	8.2	11' 90			11'6 80									11
12	10' 115	=		10'6 105	=		11' 95			11'6 85									12
13	10' 120	=		10'6 110	=		11' 100			11'6 90									13
14	10' 125	=		10'6 115	=		11' 105			11'6 95									14
15	10' 130	=		10'6 120	=		11'110			11'6 100									15
16	10' 135	=		10'6 125	=		11' 115			11'6 105									16
17	10' 140	=		10'6 130	=		11'120			11'6 110									17
18	10' 145	=		10'6 135	=		11' 125			11'6 115									18
19	10' 150	=		10'6 140	=		11'130			11'6 120									19
20				10'6 145	=		11' 135			11'6 125									20
21	13'6"-13'11"			10'6 150	=		11'140			11'6 130									21
22		FF#	OF#				11' 145			11'6 135									22
23	13'6 100						11' 150			11'6 140									23
24	13'6 105	27.9					11' 155			11'6 145									24
25	13'6 110	26.7		14'1"-14'5"			11' 160			11'6 150									25
26	13'6 115	25.4	29.0		FF#	OF#				11'6 155									26
27	13'6 120	24.1	28.0	14' 110						11'6 160									27
28	13'6 125	22.9	26.9	14' 115	30.5		14'6"-14'11"			11'6 165									28
29	13'6 130	21.7	25.9	14' 120	28.3			FF#	OF#	11'6-170									29
30	13'6 135	20.7	24.8	14' 125	26.7		14'6 115	28.3											30
31	13'6 140	19.7	23.8	14' 130	25.4		14'6 120	26.7		15'1-15'5"									31
32	13'6 145	18.8	22.7	14' 135	24.1		14'6 125	25.4			FF#	OF#							32
33	13'6 150	18.0	21.7	14' 140	22.9	23.4	14'6 130	24.1	26.0	15' 120									33
34	13'6 155	17.3	20.6	14' 145	21.7	22.4	14'6 135	22.9	25.2	15' 125									34
35	13'6 160	16.5	19.6	14' 150	20.7	21.3	14'6 140	21.7	24.1	15' 130									35
36	13'6 165	15.7	18.5	14' 155	19.7	20.2	14'6 145	20.7	23.0	15' 135	26.2								36
37	13'6 170	15.0	17.5	14' 160	18.8	19.1	14'6 150	19.7	21.9	15' 140	24.9								37
38	13'6 175	14.2	16.4	14' 165	18.0	18.0	14'6 155	18.8	20.9	15' 145	23.6	23.6							38
39	13'6 180	13.5	15.4	14' 170	17.3	16.9	14'6 160	18.0	19.8	15' 150	22.4	22.6	15'6 140	23.6					39
40	13'6 185	12.8	14.3	14' 175	16.5	15.8	14'6 165	17.3	18.7	15' 155	21.2	21.6	15'6 145	22.4					40
41	13'6 190	12.3	13.5	14' 180	15.7	14.7	14'6 170	16.5	17.6	15' 160	20.2	20.6	15'6 150	21.2					41
42	13'6 195	11.8	12.9	14' 185	15.0	13.6	14'6 175	15.7	16.5	15' 165	19.2	19.5	15'6 155	20.2	22.1				42
43	13'6 200	11.3	12.3	14' 190	14.4		14'6 180	15.0	15.5	15' 170	18.2	18.5	15'6 160	19.2	21.0				43
44				14' 195	13.8		14'6 185	14.4	14.8	15' 175	17.3	17.5	15'6 165	18.2	20.0				44
45	Add the Resistance number to your poles to aid your vaulters.			14' 200	13.3		14'6 190	13.8		15' 180	16.5	16.5	15'6 170	17.3	19.0				45
46							14'6 195	13.3		15' 185	15.7	15.4	15'6 175	16.5	17.9				46
47							14'6 200			15' 190	15.0	14.1	15'6 180	15.7	16.9				47
48	DO NOT USE A POLE 18" LONGER THAN YOUR ABILITY TO JUMP!						14'6 205			15' 195	14.2	13.1	15'6 185	15.0	16.1				48
49										15' 200	13.5	12.1	15'6 190	14.2	15.6				49
50	USE THIS CHARTS AS A GUIDE, NOT TO BE USED TO ORDER POLES BY FLEX #!									15' 205	12.7		15'6 195	13.5	14.0				50
51										15' 210	11.9		15'6 200	12.7	12.5				51
52	FLEX #S ARE SMALL & .25 FLEX # IS ONLY A 1LBS. DIFF.												15'6 205	11.9	12.1				52
53	ALL BRANDS HAVE A DIFFERENT SYSTEM THESE ARE												15'6 210	11.3					53
54	GIVE OR TAKE .4 OF OTHER MAKERS FLEX NUMBERS.												15'6 215						54
55	FLEX #S IN INCHES MULTIPLY BY 2.54 TO GET METRIC COMPARISON												16' 210	12.8	12.8				55