Vertigo sufferers, look away now! Here we celebrate all things vertical and vertiginous, from bouncing pogo-stick riders and super-springing sharks to towering ocean waves and homes beyond the stratosphere. Have you got a head for heights?

### Standing Jump
1.616 m

Standing jump

On 13 May 2016, Evan Ungar (CAN) leapt from 2.45 m (8 ft 0.45 in) high. Fitness director Ungar achieved a standing jump of 2.09 m (6 ft 10.28 in) on a pogo stick at the Purina Incredible Dog Challenge National Finals in Missouri, USA, on 7 Oct 2006.

### Pole vault
- **Pole vault (male, indoors)**: 6.16 m
- **Pole vault (female, outdoors)**: 5.06 m

On 15 Feb 2014, Renaud Lavillenie (FRA) set a men's indoor record of 6.16 m (20 ft 2.5 in) during the Pole Vault Stars meeting in Donetsk, Ukraine. The previous record of 6.15 m (20 ft 1.2 in), set by Sergei Bubka (UKR), was achieved in 2003.

### High jump
- **High jump (male)**: 2.09 m
- **High jump (female)**: 1.616 m

On 15 Oct 2016, Biff Hutchison (USA) leapt 3.36 m (11 ft 0.2 in) on a pogo stick where he jumped 2.93 m (9 ft 7.3 in). The previous best was 2.6 m (8 ft 6 in), achieved in 2008.

### Leaping shark
- **Shortfin mako**: 3.36 m (11 ft 0.2 in)
- **Leaping shark**: 2.93 m (9 ft 7.3 in)

The shortfin mako (*Isurus oxyrinchus*) is the fastest shark. It can leap to 6 m (19 ft 8 in) out of the water, which is due in part to the mako's long pectoral fins. This is nearly twice the length of the shark's body. It is also the fastest shark to leap out of the water, with a documented height of 2.93 m.

### High waves
- **Pancake toss**: 9.47 m (31 ft 1 in)
- **Shallow dive**: 11.56 m (37 ft 11 in)

On 13 Nov 2010, Dominic Cuzzacrea (USA) tossed a pancake to a height of 9.47 m (31 ft 1 in) at the Purina Incredible Dog Challenge National Finals in Missouri, USA. On 28 Aug 2010, Nik Wallenda (USA), dived from 11.56 m (37 ft 11 in) into 30 cm (12 in) of water on a tightrope between the Royal Towers of the Atlantis Paradise Island hotel in Nassau, The Bahamas. Another 37 ft 11 in dive was achieved by Terence Bougdour (FRA) on 4 Mar 1989.

### Extreme records
- **Largest bowl**: 3.36 m (11 ft 0.2 in)
- **Giant toast**: 3.36 m (11 ft 0.2 in)

Cinderella May a Holly Grey, owned by Kate Long and Kathleen Conroy of Purina Incredible Dog Challenge National Finals in Missouri, USA, on 7 Oct 2006.

### Space
- **ISS**: 330,000–410,000 m (205–255 mi) above Earth
- **Stratospheric clouds**: 25,000 m

The International Space Station (ISS) orbits 330,000–410,000 m (205–255 mi) above Earth. It normally has six occupants on board. On 24 Oct 2014, Alan Eustace (USA) was released from a balloon at an altitude of 21,027 m (68,986 ft) near Lake George, New Zealand. He descended at 120 m per second and survived to make a parachute jump, landing on a glacier in the mountains of New Zealand, in May 1998. Stuart Jones (NZ) survived a fall down a lift shaft at the Midland Railway line in Scotland. His parachute failed to deploy, and he landed on the railway line below. He was able to walk away from the incident.

### High mountains
- **Highest mountain in the Himalayas**: 8,848 m
- **Highest mountain in the world**: 8,848 m

The Qinghai–Tibet railway in China above sea level, with a highest point of 5,072 m (16,640 ft). Inaugurated in 2006, it is the world's 40th highest peak, and the highest mountain yet named after Colonel Sir George Everest, Surveyor of the 19th century. The mountain's peak is the highest in the Himalayas, located on the China/Nepal border. He died on 4 Feb 1994. The previous highest mountain was Mount Everest, Surveyor of the 19th century. The mountain's peak is the highest in the Himalayas, located on the China/Nepal border. He died on 4 Feb 1994. The previous highest mountain was Mount Everest, Surveyor of the 19th century. The mountain's peak is the highest in the Himalayas, located on the China/Nepal border. He died on 4 Feb 1994. The previous highest mountain was Mount Everest, Surveyor of the 19th century. The mountain's peak is the highest in the Himalayas, located on the China/Nepal border. He died on 4 Feb 1994. The previous highest mountain was Mount Everest, Surveyor of the 19th century. The mountain's peak is the highest in the Himalayas, located on the China/Nepal border. He died on 4 Feb 1994. The previous highest mountain was Mount Everest, Surveyor of the 19th century. The mountain's peak is the highest in the Himalayas, located on the China/Nepal border. He died on 4 Feb 1994. The previous highest mountain was Mount Everest, Surveyor of the 19th century. The mountain's peak is the highest in the Himalayas, located on the China/Nepal border. He died on 4 Feb 1994. The previous highest mountain was Mount Everest, Surveyor of the 19th century. The mountain's peak is the highest in the Himalayas, located on the China/Nepal border. He died on 4 Feb 1994. The previous highest mountain was Mount Everest, Surveyor of the 19th century. The mountain's peak is the highest in the Himalayas, located on the China/Nepal border. He died on 4 Feb 1994. The previous highest mountain was Mount Everest, Surveyor of the 19th century. The mountain's peak is the highest in the Himalayas, located on the China/Nepal border. He died on 4 Feb 1994.