

SECTION 7.12 HURDLE CHART

AGE CATEGORY	DISTANCE RUN	NO. OF HURDLES	HURDLE HEIGHT	DISTANCE TO FIRST	DISTANCE BETWEEN	DISTANCE TO FINISH
9 years female and male	60 metre hurdles	6	21"	11 metres	6.5 metres	16.5 metres
10 years female and male	60 metre hurdles	6	24"	11 metres	6.5 metres	16.5 metres
11 years female and male	60 metre hurdles	6	24"	11 metres	6.5 metres	16.5 metres
12 years female and male	80 metre hurdles	8	27"	12 metres	7.0 metres	19 metres
13 years female	80 metre hurdles	8	30"	12 metres	7.5 metres	15.5 metres
13 years male	80 metre hurdles	8	30"	12 metres	8.0 metres	12 metres
14 and 15 years female	80 metre hurdles	8	30"	12 metres	8.0 metres	12 metres
14 and 15 years male	100 metre hurdles	10	33"	13 metres	8.5 metres	10.5 metres
12 years female and male	200 metre hurdles	5	24"	20 metres	35 metres	40 metres
13 years female and male	200 metre hurdles	5	27"	20 metres	35 metres	40 metres
14 years female and male	300 metre hurdles	7	30"	50 metres	35 metres	40 metres

Hurdle Placement

With hurdles that have one short and one long foot and the bar on the long foot side: You place them on the track so that they have the short foot towards the finish line. They are designed to roll and fall apart.

With hurdles that have equal length feet: Set them up so that the bar is on the finish line side. They are designed to be kicked off as the hurdles do not roll.

Athletes should be able to see the black and white markings on the hurdle bar.