

# HURDLES

## Who runs what distance?

Sprint Hurdles	
8's , 9's, 10's	60m
11's, 12's, 13's F	80m
13's M, 14's F, 15's F	90m
14's M, 15's M, 16's F, 17's F, U20's F	100m
16's M, 17's M, U20's M	110m

Long Hurdles	
13's	200m
14's	300m
15's	300m
16's, 17's, 18's, U20's	400m

## What is the basic technique?

Hurdling is basically an extension of running. The first leg over the hurdle is called the **'lead leg'** and the second leg over is called the **'trail leg'**.

- **Lead leg** - straight up (bent knee raised to chest), straight out (extend the leg over the hurdle), straight down over the hurdle (plant the foot on the other side of the hurdle)
- **Trail leg** - lift the leg to the side with heel to bottom. Pull the knee around and through to the chest, and then foot plant in the direction the athlete is running. (Some coaches like to tell their athletes to pop the balloon for this part of the action).



## When can an athlete be disqualified?

- If in the opinion of the referee, an athlete deliberately knocks down a hurdle by hand or foot.
- If an athlete interferes or impedes another athlete's performance.
- If an athlete goes under or around a hurdle. If an athlete trails their foot around the side of a hurdle.
- If an athlete jumps a hurdle not in their own lane.

## What are some safety considerations?

Make sure ALL hurdles are facing the right direction. Hurdles have stripes or markings on one side. These stripes or markings always need to face the athlete regardless of what direction the legs of the hurdles are pointed. Never allow athletes to jump hurdles from the wrong direction. This is most likely to occur after athletes have been permitted a practice jump prior to their event.

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## What are the hurdle heights?

### Sprint Hurdles - Zone, Region, State

Age group	Distance	Run in	Separation	Run out	Flights	Height
8's Male	60 metres	12 metres	7 metres	13 metres	6	45 cm.
8's Female	60 metres	12 metres	7 metres	13 metres	6	45 cm.
9's Male	60 metres	12 metres	7 metres	13 metres	6	45 cm.
9's Female	60 metres	12 metres	7 metres	13 metres	6	45 cm.
10's Male	60 metres	12 metres	7 metres	13 metres	6	60 cm.
10 Female	60 metres	12 metres	7 metres	13 metres	6	60 cm.
11's Male	80 metres	12 metres	7 metres	12 metres	9	60 cm.
11's Female	80 metres	12 metres	7 metres	12 metres	9	60 cm.
12's Male	80 metres	12 metres	7 metres	12 metres	9	68 cm.
12's Female	80 metres	12 metres	7 metres	12 metres	9	68 cm.
13's (U14) Female	80 metres	12 metres	7 metres	12 metres	9	76 cm.
13's (U14) Male	90 metres	12 metres	7 metres	12 metres	9	76 cm.
14's (U15) Female	90 metres	12 metres	7 metres	12 metres	9	76 cm.
15's (U16) Female	90 metres	12 metres	7 metres	12 metres	9	76 cm.
16's (U17) Female	100 metres	13 metres	8.5 metres	10.5 metres	10	76 cm.
17's (U18) Female	100 metres	13 metres	8.5 metres	10.5 metres	10	76 cm.

### Sprint Hurdles – Participation Pathway (Zone, Region, State\*) 14's – U20's Male and U20's

Age group	Distance	Run in	Separation	Run out	Flights	Height
14's (U15) Male	100 metres	13 metres	8.5 metres	10.5 metres	10	76 cm.
15's (U16) Male	100 metres	13 metres	8.5 metres	10.5 metres	10	76 cm.
U20 Female	100 metres	13 metres	8.5 metres	10.5 metres	10	76 cm.
16's (U17) Male	110 metres	13.72 metres	9.14 metres	14.02 metres	10	76 cm.
17's (U18) Male	110 metres	13.72 metres	9.14 metres	14.02 metres	10	76 cm.
U20 Male	110 metres	13.72 metres	9.14 metres	14.02 metres	10	76 cm.
16's (U17) Male where <b>no 110m track is available</b>	100 metres	13.72 metres	9.14 metres	13.16 metres	9	76 cm.
17's (U18) Male where <b>no 110m track is available</b>	100 metres	13.72 metres	9.14 metres	13.16 metres	9	76 cm.
U20 Male where <b>no 110m track is available</b>	100 metres	13.72 metres	9.14 metres	13.16 metres	9	76 cm.

\* state direct entry for 16's and above will be at competition specifications

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## Sprint Hurdles – Competition Pathway (State) 14's, 15's, 16's, 17's Male – U20's Male and Female

Age group	Distance	Run in	Separation	Run out	Flights	Height
14's (U15) Male	100 metres	13 metres	8.5 metres	10.5 metres	10	84 cm.
15's (U16) Male	100 metres	13 metres	8.5 metres	10.5 metres	10	84 cm.
U20 Female	100 metres	13 metres	8.5 metres	10.5 metres	10	84 cm.
16's (U17) Male	110 metres	13.72 metre	9.14 metre	14.02 metre	10	91 cm.
17's (U18) Male	110 metres	13.72 metre	9.14 metre	14.02 metre	10	91 cm.
U20 Male	110 metres	13.72 metres	9.14 metres	14.02 metres	10	99 cm.

## Long Hurdles – Zone, Region and State

Age group	Distance	Run in	Separation	Run out	Flights	Height
13's (U14) Female	200 metres	20 metres	35 metres	40 metres	5	76 cm.
13's (U14) Male	200 metres	20 metres	35 metres	40 metres	5	76 cm.
14's (U15) Female	300 metres	50 metres	35 metres	40 metres	7	76 cm.
14's (U15) Male	300 metres	50 metres	35 metres	40 metres	7	76 cm.
15's (U16) Female	300 metres	50 metres	35 metres	40 metres	7	76 cm.
15's (U16) Male	300 metres	50 metres	35 metres	40 metres	7	76 cm.
16's (U17) Female	400 metres	45 metres	35 metres	40 metres	10	76 cm.
17's (U18) Female	400 metres	45 metres	35 metres	40 metres	10	76 cm.
U20 Female	400 metres	45 metres	35 metres	40 metres	10	76 cm.

## Long Hurdles – Participation Pathway (Zone, Region) 16's, 17's and U20's Male

Age group	Distance	Run in	Separation	Run out	Flights	Height
16's (U17) Male	400 metres	45 metres	35 metres	40 metres	10	76 cm.
17's (U18) Male	400 metres	45 metres	35 metres	40 metres	10	76 cm.
U20 Male	400 metres	45 metres	35 metres	40 metres	10	76 cm.
16's (U17) Female where no 400m track is available	300 metres	50 metres	35 metres	40 metres	7	76 cm.
16's (U17) Male where no 400m track is available	300 metres	50 metres	35 metres	40 metres	7	76 cm.
17's (U18) Female where no 400m track is available	300 metres	50 metres	35 metres	40 metres	7	76 cm.
17's (U18) Male where no 400m track is available	300 metres	50 metres	35 metres	40 metres	7	76 cm.
U20 Female where no 400m track is available	300 metres	50 metres	35 metres	40 metres	7	76 cm.
U20 Male where no 400m track is available	300 metres	50 metres	35 metres	40 metres	7	76 cm.

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## Long Hurdles – Competition Pathway (State)16's – U20's Male

Age group	Distance	Run in	Separation	Run out	Flights	Height
16's (U17) Male	400 metres	45 metres	35 metres	40 metres	10	84 cm.
17's (U18) Male	400 metres	45 metres	35 metres	40 metres	10	84 cm.
U20 Male	400 metres	45 metres	35 metres	40 metres	10	91 cm.

### HANDY TIPS & TRICKS

- When conducting hurdles on the one day/night, have higher hurdle events first, then lower hurdle events.
- Alternatively conduct 60m hurdles one week, and the others the following week.
- Conduct hurdle events on the back straight to allow track events to continue on the front straight, or vice versa.

