

# HURDLES

## Who runs what distance?

U8,U9,U10	60m Hurdles
U11,U12,U13,U14G	80m Hurdles
U14B, U15G	90m Hurdles
U15B, U17G	100m Hurdles
U17B	110m Hurdles
U13,U14	200m Hurdles (circular track)
U15,U17	300m Hurdles (Circular track)

Hurdle Heights in table on next page.

## 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?

Age group	Distance	Run in	Separation	Run out	Flights	Height
Under 8 Boy	60 metre	12 metre	7 metre	13 metre	6	45 cm.
Under 8 Girl	60 metre	12 metre	7 metre	13 metre	6	45 cm.
Under 9 Boy	60 metre	12 metre	7 metre	13 metre	6	45 cm.
Under 9 Girl	60 metre	12 metre	7 metre	13 metre	6	45 cm.
Under 10 Boy	60 metre	12 metre	7 metre	13 metre	6	60 cm.
Under 10 Girl	60 metre	12 metre	7 metre	13 metre	6	60 cm.
Under 11 Boy	80 metre	12 metre	7 metre	12 metre	9	60 cm.
Under 11 Girl	80 metre	12 metre	7 metre	12 metre	9	60 cm.
Under 12 Boy	80 metre	12 metre	7 metre	12 metre	9	68 cm.
Under 12 Girl	80 metre	12 metre	7 metre	12 metre	9	68 cm.
Under 13 Boy	80 metre	12 metre	7 metre	12 metre	9	76 cm.
Under 13 Girl	80 metre	12 metre	7 metre	12 metre	9	76 cm.
Under 14 Girl	80 metre	12 metre	7 metre	12 metre	9	76 cm.
Under 14 Boy	90 metre	13 metre	8 metre	13 metre	9	76 cm.
Under 15 Girl	90 metre	13 metre	8 metre	13 metre	9	76 cm.
Under 15 Boy	100 metre	13 metre	8.5 metre	10.5 metre	10	76 cm.
Under 17 Girl	100 metre	13 metre	8.5 metre	10.5 metre	10	76 cm.
Under 17 Boy	110 metre	13.72 metre	9.14 metre	14.02 metre	10	76 cm.
Under 17 Boy (C)	100 metre	13.72 metre	9.14 metre	13.16 metre	9	76 cm.
Under 13 Boy	200 metre	20 metre	35 metre	40 metre	5	68 cm.
Under 13 Girl	200 metre	20 metre	35 metre	40 metre	5	68 cm.
Under 14 Boy	200 metre	20 metre	35 metre	40 metre	5	76 cm.
Under 14 Girl	200 metre	20 metre	35 metre	40 metre	5	76 cm.
Under 15 Boy	300 metre	50 metre	35 metre	40 metre	7	76 cm.
Under 15 Girl	300 metre	50 metre	35 metre	40 metre	7	76 cm.
Under 17 Boy	300 metre	50 metre	35 metre	40 metre	7	76 cm.
Under 17 Girl	300 metre	50 metre	35 metre	40 metre	7	76 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.

