



HURDLE SPECIFICATIONS

SPRINT HURDLES – Season 2021-2022

BOYS & GIRLS

Age Group	Maximum Distance	Maximum Flights	Maximum Height of Hurdles	Distance to 1st Hurdle	Distance between Hurdles	Distance to Finish
U6	60m	*6	*20cm	N/A	N/A	N/A
U7	60m	*6	*30cm	N/A	N/A	N/A
U8	60m	*6	*45cm	N/A	N/A	N/A
U9	60m	6	45cm	12m	7m	13m
U10	60m	6	60cm	12m	7m	13m
U11	80m	9	60cm	12m	7m	12m
U12	80m	9	68cm	12m	7m	12m
U13	80m	9	76cm	12m	7m	12m
U14 Girls	80m	9	76cm	12m	7m	12m
U14 Boys	90m	9	76cm	13m	8m	13m
U15 Girls	90m	9	76cm	13m	8m	13m
U15 Boys	100m	10	76cm	13m	8.5m	10.5m
U16 Girls	90m	9	76cm	13m	8m	13m
U16 Boys	100m	10	76cm	13m	8.5m	10.5m

Centres may reduce the height and distance of hurdles.

*Mini hurdles are required for U6, U7 and U8 age groups, as the height and spacing is not the same as standard hurdles. It is recommended to use either 2 or 3 flights at either 20mts or 15mts spacings.

LONG HURDLES – Season 2021-2022

BOYS & GIRLS

Age Group	Maximum Distance	Maximum Flights	Maximum Height of Hurdles	Distance to 1st Hurdle	Distance between Hurdles	Distance to Finish
U13	200m	5	68cm	20m	35m	40m
U14	200m	5	76cm	20m	35m	40m
U15	300m	7	76cm	50m	35m	40m
U16	300m	7	76cm	50m	35m	40m