



HURDLE SPECIFICATIONS

SPRINT HURDLES – Season 2023-2024

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 |
| U17 Girls | 100m | 10 | 76cm | 13m | 8.5m | 10.5m |
| U17 Boys | 110m | 10 | 76cm | 13.72m | 9.14m | 14.02m |

*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 2023-2024

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 |
| U17 | 300m | 7 | 76cm | 50m | 35m | 40m |