

HURDLES

Preparation for Event

- Ensure adequate numbers of Hurdles (flights) are on the track at the correct distance apart and at the correct height for the age group, (according to specifications below).
- Check the track conditions. In wet conditions, grass tracks can become very slippery, which can make Hurdles a very dangerous event for the athletes. Safety is paramount in all events.

Equipment

- The hurdles should be made of metal with the top crossbar of wood or other suitable material, with two feet and two uprights supporting the crossbar.
- Refer to specifications below for details of construction.

General Rules

- The feet of the hurdle will be at right angles to the crossbar and will be placed on the track, so that the edge of the crossbar nearest the approaching athlete coincides with the track marking nearest the athlete.
- All races will be run in lanes and each athlete shall go over each hurdle and keep to their own lane throughout the race.
- An athlete shall also be disqualified if:
- An athlete trails a foot or leg below the horizontal plane of the top of any hurdle at the instant of clearance.
- An athlete knocks down or displaces any hurdle by hand, body, or the front side of the lead lower limb.
- An athlete directly or indirectly knocks down or displaces a hurdle in their or in another lane in such a manner that there is effect or obstruction upon any other athletes in the race and/or another rule is also infringed.
- Provided the above does not occur, the unintentional knocking down of hurdles will not result in disqualification, nor prevent a record being set. Additionally, if the hurdle is not displaced or its height lowered in any manner including tilting in any direction, an athlete may go over the hurdle in any manner.
- It is recommended that officials allow athletes a practice run of two flights before each heat. For older athletes, best/safe practice is to lower the third flight of hurdles so the athletes travelling at the higher speed do not run into them.

Officials required

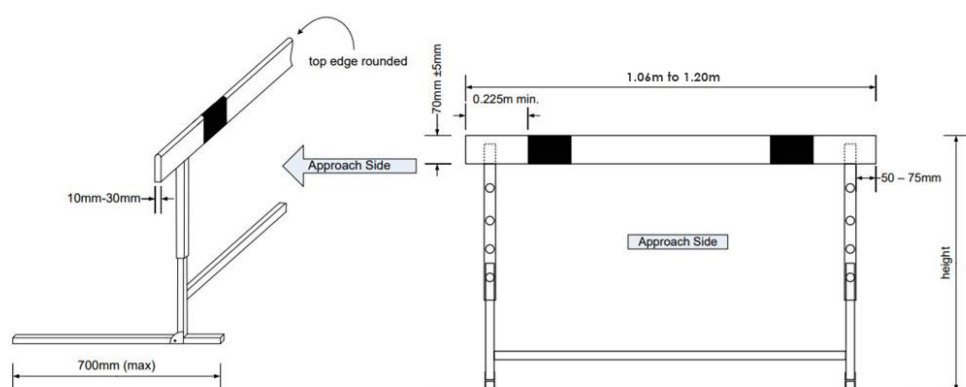
Officials/Umpires are required to observe from directly down the track for any lane infringements, or to notice any interference with other athletes. Additionally, Officials/Umpires

adjacent to the hurdle flights are required to observe athletes when they are attempting to clear the hurdles for infringements.

Collapsible Hurdles

- The hurdles must be made of metal or some other suitable material with the top bar of wood or other suitable material. Hurdles must consist of two feet and two uprights supporting a rectangular frame reinforced by one or more cross bars, the uprights to be fixed at the extreme end of each base. (See below Diagram). The hurdle must be adjustable in height for each event.
- **Hurdles must be of the collapsible type.** (Collapsible type means when a hurdle is knocked down it lays flat on the track without any part of the hurdle protruding).

Collapsible Hurdle dimensions.



Hurdle Heights for LAVic Events

Age Group	Max Distance	Max Flights	Max Height	Distance from start line to first hurdle	Distance between hurdles	Distance from last hurdle to finish line
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
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