

INDOOR

Distance of Race	Height of Hurdle	Distance to 1st Flight	Distance between Flights	Distance to Finish	Number of Hurdles
MEN					
Seniors (3.6kg Toppling Weight)					
50m	106.7cm	13.72cm	9.14m	8.86m	4
60m	106.7cm	13.72cm	9.14m	9.72m	5
Juniors (3.6kg Toppling Weight)					
60m	99.0cm	13.72cm	9.14m	9.72m	5
Under 17 (2.7kg Toppling Weight)					
60m	91.4cm	13.00m	8.50m	13.00m	5
Under 15 (2.7kg Toppling Weight)					
60m	84.0cm	12.00m	8.00m	16.00m	5
Under 13 (2.7kg Toppling Weight)					
60m	76.2cm	11.50m	7.50m	18.50m	5
WOMEN					
Seniors & Juniors (3.6kg Toppling Weight)					
50m	84.0cm	13.00m	8.50m	11.50m	4
60m	84.0cm	13.00m	8.50m	13.00m	5
Under 17 (2.7kg Toppling Weight)					
60m	76.2cm	12.00m	8.00m	16.00m	5
Under 15 (2.7kg Toppling Weight)					
60m	76.2cm	11.50m	7.50m	18.50m	5
Under 13 (2.7kg Toppling Weight)					
60m	68.5cm	11.00m	7.00m	21.00m	5

Indoor 60m Hurdles Markings

1st Flight	U13G	11.00m
	U13B, U15G	11.50m
	U15B, U17W	12.00m
	U17M, S/JW	13.00m
	S/JM	13.72m
2nd Flight	U13G	18.00m
	U13B, U15G	19.00m
	U15B, U17W	20.00m
	U17M, S/JW	21.50m
	S/JM	22.86m
3rd Flight	U13G	25.00m
	U13B, U15G	26.50m
	U15B, U17W	28.00m
	U17M, S/JW	30.00m
	S/JM	32.00m
4th Flight	U13G	32.00m
	U13B, U15G	34.00m
	U15B, U17W	36.00m
	U17M, S/JW	38.50m
	S/JM	41.14m
5th Flight	U13G	39.00m
	U13B, U15G	41.50m
	U15B, U17W	44.00m
	U17M, S/JW	47.00m
	S/JM	50.28m

