

OUTDOOR HURDLES

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)					
110m	106.7cm	13.72m	9.14m	14.02m	10
400m	91.4cm	45m	35m	40m	10
Juniors (3.6kg Toppling Weight)					
110m	99.1cm	13.72m	9.14m	14.02m	10
400m	91.4cm	45m	35m	40m	10
Under 17 (2.7kg Toppling Weight)					
100m	91.4cm	13m	8.5m	10.5m	10
Under 17 (3.6kg Toppling Weight)					
400m	84.0m	45m	35m	40m	10
Under 15 (2.7kg Toppling Weight)					
80m	84.0cm	12m	8m	12m	8
Under 13 (2.7kg Toppling Weight)					
75m	76.2cm	11.5m	7.5m	11m	8
80m	76.2cm	12m	8m	12m	8
WOMEN					
Seniors & Juniors (3.6kg Toppling Weight)					
100m	84.0cm	13m	8.5m	10.5m	10
400m	76.2cm	45m	35m	40m	10
Under 17 (2.7kg Toppling Weight)					
80m	76.2cm	12m	8m	12m	8
300m	76.2cm	50m	35m	40m	7
Under 15 (2.7kg Toppling Weight)					
75m	76.2cm	11.5m	7.5m	11m	8
Under 13 (2.7kg Toppling Weight)					
70m	68.5cm	11m	7m	10m	8

SCHOOLS OUTDOOR HURDLES

Distance of Race	Height of Hurdle	Distance to 1st Flight	Distance between Flights	Distance to Finish	Number of Hurdles
BOYS					
Seniors boys (3.6kg Toppling Weight)					
110m	99.0cm	13.72m	9.14m	14.02m	10
400m	91.4cm	45m	35m	40m	10
Inter Boys (2.7kg Toppling Weight)					
100m	91.4cm	13m	8.5m	10.5m	10
Inter Boys (3.6kg Toppling Weight)					
400m	84.0cm	45m	35m	40m	10
Junior Boys (2.7kg Toppling Weight)					
80m	84.0cm	12m	8m	12m	8
GIRLS					
Senior Girls (3.6kg Topping Weight)					
100m	84.0cm	13m	8.5m	10.5m	10
400m	76.2cm	45m	35m	40m	10
Inter Girls (2.7kg Toppling Weight)					
80m	76.2cm	12m	8m	12m	8
300m	76.2cm	50m	35m	40m	7
Junior Girls (2.7kg Toppling Weight)					
75m	76.2cm	11.5m	7.5m	11m	8

