

Hurdle Specifications

Sprint Hurdles – Season 2022-2023

BOYS & GIRLS

Age Group	Maximum Distance	Maximum Flights	Maximum Height of Hurdles	Distance to 1st Hurdle	Distance between Hurdles	Distance to Finish
U6	60m	N/A	*20cm	N/A	N/A	N/A
U7	60m	N/A	*30cm	N/A	N/A	N/A
U8	60m	N/A	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 recommended for U6 & U7 age groups. It is recommended to use either 2 or 3 flights at either 20mts or 15mts spacings.

Long Hurdles – Season 2022-2023

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