

## 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
<b>U6</b>	60m	N/A	*20cm	N/A	N/A	N/A
<b>U7</b>	60m	N/A	*30cm	N/A	N/A	N/A
<b>U8</b>	60m	N/A	45cm	N/A	N/A	N/A
<b>U9</b>	60m	6	45cm	12m	7m	13m
<b>U10</b>	60m	6	60cm	12m	7m	13m
<b>U11</b>	80m	9	60cm	12m	7m	12m
<b>U12</b>	80m	9	68cm	12m	7m	12m
<b>U13</b>	80m	9	76cm	12m	7m	12m
<b>U14 Girls</b>	80m	9	76cm	12m	7m	12m
<b>U14 Boys</b>	90m	9	76cm	13m	8m	13m
<b>U15 Girls</b>	90m	9	76cm	13m	8m	13m
<b>U15 Boys</b>	100m	10	76cm	13m	8.5m	10.5m
<b>U16 Girls</b>	90m	9	76cm	13m	8m	13m
<b>U16 Boys</b>	100m	10	76cm	13m	8.5m	10.5m
<b>U17 Girls</b>	100m	10	76cm	13m	8.5m	10.5m
<b>U17 Boys</b>	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 2023-2024 Boys & Girls

Age Group	Maximum Distance	Maximum Flights	Maximum Height of Hurdles	Distance to 1st Hurdle	Distance between Hurdles	Distance to Finish
<b>U13</b>	200m	5	68cm	20m	35m	40m
<b>U14</b>	200m	5	76cm	20m	35m	40m
<b>U15</b>	300m	7	76cm	50m	35m	40m
<b>U16</b>	300m	7	76cm	50m	35m	40m
<b>U17</b>	300m	7	76cm	50m	35m	40m