

A VOLUNTEERS GUIDE TO THE HURDLES

Run in lanes, hurdle events require competitors to negotiate small barriers over varying distances, depeding upon the age of the competitor. Hurdles are knocked down easily if touched, which allows the athlete to continue the race even if a competitor knocks them. The finishing order is determined by time.

ORGANISING THE EVENT

- 1

The feet of the hurdle should be placed on the track in line with the respective marking (See specifications below) at right angles to the cross-bar.
- 2

Competitors can generally practice their start and hurdle clearance over the first 2 hurdle flights.
- 3

All races should be run in lanes, with each competitor keeping to their own lane throughout the race.
- Never allow the athletes to go over hurdles in the wrong direction.**

SPECIFICATIONS

Distance	Age Group	Flights	Height of Hurdles	Distance To 1st Hurdle	Distance Between Hurdles	Distance to Finish
Max Dist 60m	U6	Max 6	Max 20cm	Any	Any	Any
	U7	Max 6	Max 30cm	Any	Any	Any
	U8	Max 6	Max 45cm	Any	Any	Any
60m (Orange)	U9	6	45cm	12m	7m	13m
	U10,	6	60cm	12m	7m	13m
80m (Black)	U11	9	60cm	12m	7m	12m
	U12	9	68cm	12m	7m	12m
	U13, U14G	9	76cm	12m	7m	12m
90m (White)	U14B, U15G, U16G	9	76cm	13m	8m	13m
100m (Yellow)	U15B, U16B, U17G	10	76cm	13m	8.5m	10.5m
110m (Blue)	U17B	10	76cm	13.72m	9.14m	14.02m
200m (Green)	U13	5	68cm	20m	35m	40m
	U14	5	76cm	20m	35m	40m
300m (Green)	U15, U16, U17	7	76cm	50m	35m	40m

SAFETY

- 1 Ensure that running track is free of ruts, foreign objects, and indentations prior to commencement of training, practices, and/or races.
- 2 Ensure running track surface is not slippery due to rain, dew, or other similar circumstance.
- 3 Check all hurdles regularly for the following, and repair as identified.
 - Sharp or protruding edges.
 - Sliding mechanism functionality.
 - Ball-bearings used to hold the hurdle height in place.

DISQUALIFICATION

Disqualification can occur if:

- In the opinion of the Track Referee, a competitor deliberately knocks down a hurdle.
- A competitor interferes or impedes another athlete's performance.
- A competitor goes under or around a hurdle
- A competitor trails their foot around the side of a hurdle
- A competitor goes over a hurdle not in their own lane

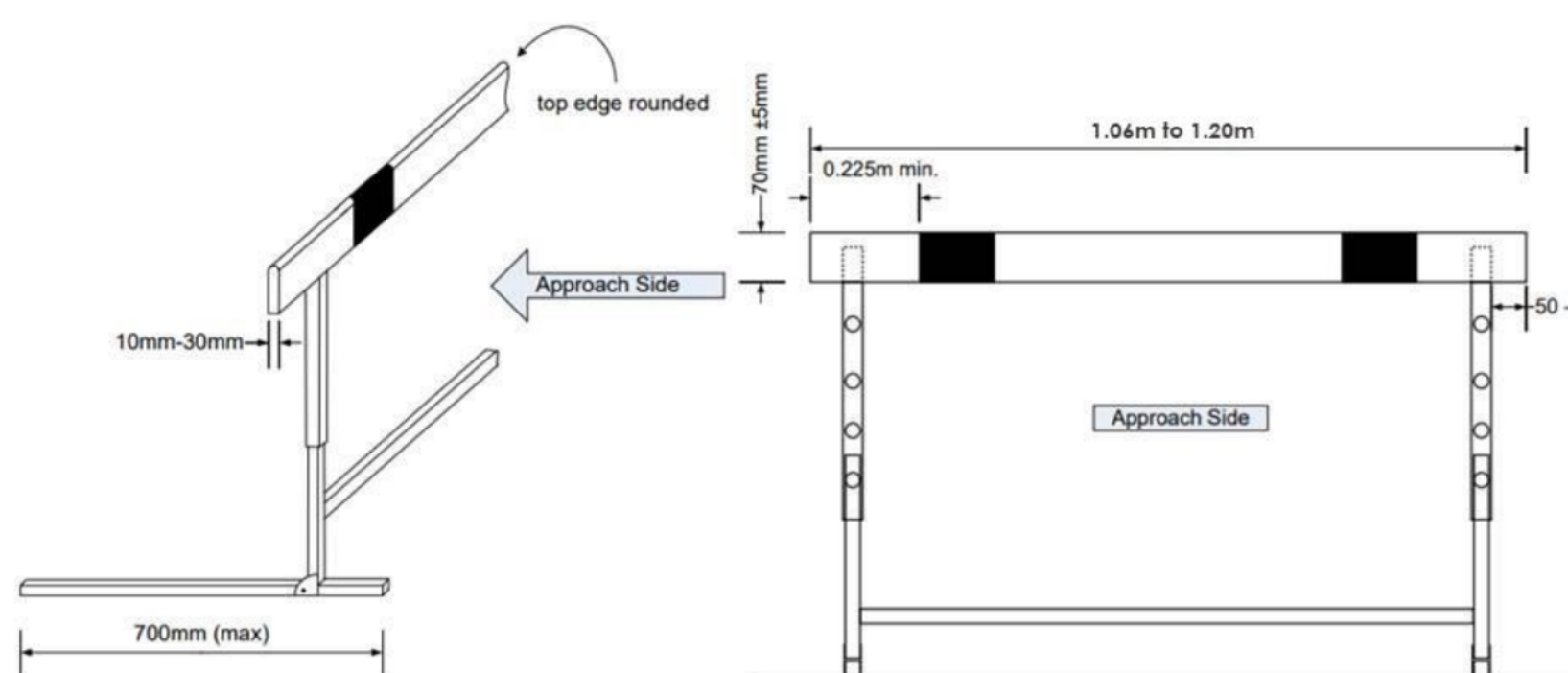
TYPES OF HURDLE

Knowing which way the hurdle falls is important when setting them up safely. The hurdle should always fall or fold in the same direction the competitor is running.

There are two types of hurdles, and while they look the same, it is important to note that they fold differently.

Most Centres will use the top hurdles (See picture on right), however it is important to note that some may use the below hurdles, particularly in older age groups.

Hurdles have stripes/marks on one side. These stripes/markings should always face the athlete.



Hurdle above folds toward the long legs.
Hurdle below folds away from the long legs.

