OUTDOOR HURDLES SPECIFICATIONS

**FEMALE**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Category** | **Event** | **Height** | **No** | **Lead** | **Interval** | **Finish** |
| U15 | 250m | 68.6cm - 2’3” | 6 | 35.00m | 35.00 | 40.00 |
| U16 | 250m | 68.6cm - 2’3” | 6 | 35.00m | 35.00 | 40.00 |
| U17 | 300m | 76.2cm - 2’6” | 7 | 50.00m | 35.00 | 40.00 |
| U18 | 400m | 76.2cm - 2’6” | 10 | 45.00m | 35.00 | 40.00 |
| U19 | 400m | 83.8cm - 2’9” | 10 | 45.00m | 35.00 | 40.00 |
| Junior | 400m | 83.8cm - 2’9” | 10 | 45.00m | 35.00 | 40.00 |
| U23, IUAA & Senior | 400m | 83.8cm - 2’9” | 10 | 45.00m | 35.00 | 40.00 |
| W35 - 39 | 400m | 83.8cm - 2’9” | 10 | 45.00m | 35.00 | 40.00 |
| W40- 49 | 400m | 76.2cm - 2’6” | 10 | 45.00m | 35.00 | 40.00 |
| W50 - 59 | 300m | 76.2cm - 2’6” | 7 | 50.00m | 35.00 | 40.00 |
| W60 - 69 | 300m | 68.6cm - 2’3” | 7 | 50.00m | 35.00 | 40.00 |
| W70 80-+ | 200m | 68.6cm - 2’3” | 5 | 20.00m | 35.00 | 40.00 |

**MALE**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Category** | **Event** | **Height** | **No** | **Lead** | **Interval** | **Finish** |
| U15 | 250m | 76.2cm - 2’6” | 8 | 35.00m | 35.00 | 40.00 |
| U16 | 250m | 76.2cm - 2’6” | 10 | 35.00m | 35.00 | 40.00 |
| U17 | 300m | 76.2cm - 2’6” | 10 | 50.00m | 35.00 | 40.00 |
| U18 | 400m | 83.8cm - 2’9” | 10 | 45.00m | 35.00 | 40.00 |
| U19 | 400m | 91.4cm - 3’0” | 10 | 45.00m | 35.00 | 40.00 |
| Junior | 400m | 91.4cm - 3’0” | 10 | 45.00m | 35.00 | 40.00 |
| U23, IUAA & Senior | 400m | 91.4cm - 3’0” | 10 | 45.00m | 35.00 | 40.00 |
| M35 - 49 | 400m | 91.4cm - 3’0” | 10 | 45.00m | 35.00 | 40.00 |
| M50-59 | 400m | 83.8cm - 2’9” | 10 | 45.00m | 35.00 | 40.00 |
| M60 - 69 | 300m | 76.2cm - 2’6” | 10 | 50.00m | 35.00 | 40.00 |
| M70 - 79 | 300m | 68.6cm - 2’3” | 8 | 50.00m | 35.00 | 40.00 |
| M80 + | 200m | 68.6cm - 2’3” | 8 | 20.00m | 35.00 | 40.00 |