OUTDOOR HURDLES SPECIFICATIONS

**FEMALE**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Category** | **Event** | **Height** | **No** | **Lead** | **Interval** | **Finish** |
| U12 | 60M | 68.6cm - 2’3” | 6 | 11.00m | 7.25m | 12.75m |
| U13 | 60M | 68.6cm - 2’3” | 6 | 11.00m | 7.25m | 12.75m |
| U14 | 75M | 68.6cm - 2’3” | 8 | 11.50m | 7.50m | 11.00m |
| U15 | 80M | 76.2cm - 2’6” | 8 | 12.00m | 8.00m | 12.00m |
| U16 | 80M | 76.2cm - 2’6” | 8 | 12.00m | 8.00m | 12.00m |
| U17 | 100M | 76.2cm - 2’6” | 10 | 13.00m | 8.50m | 10.50m |
| U18 | 100M | 76.2cm - 2’6” | 10 | 13.00m | 8.50m | 10.50m |
| U19 | 100M | 83.8cm - 2’9” | 10 | 13.00m | 8.50m | 10.50m |
| Junior | 100M | 83.8cm - 2’9” | 10 | 13.00m | 8.50m | 10.50m |
| U23, IUAA & Senior | 100m | 83.8cm - 2’9” | 10 | 13.00m | 8.50m | 10.50m |
| W35 - 39 | 100m | 83.8cm - 2’9” | 10 | 13.00m | 8.50m | 10.50m |
| W40- 49 | 80m | 76.2cm - 2’6” | 8 | 12.00m | 8.00m | 12.00m |
| W50 - 59 | 80m | 76.2cm - 2’6” | 8 | 12.00m | 7.00m | 19.00m |
| W60 - 69 | 80m | 76.2cm - 2’6” | 8 | 12.00m | 7.00m | 19.00m |
| W70 80-+ | 80m | 76.2cm - 2’6” | 8 | 12.00m | 7.00m | 19.00m |

**MALE**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Category** | **Event** | **Height** | **No** | **Lead** | **Interval** | **Finish** |
| U12 | 60M | 68.6cm - 2’3” | 5 | 11.00m | 7.25m | 12.75 |
| U13 | 60M | 68.6cm - 2’3” | 5 | 11.00m | 7.25m | 12.75 |
| U14 | 75M | 76.2cm - 2’6” | 8 | 11.50m | 7.50m | 11.00 |
| U15 | 80M | 83.8cm - 2’9” | 8 | 12.00m | 8.00m | 12.00 |
| U16 | 100M | 83.8cm - 2’9” | 10 | 13.00m | 8.50m | 10.50 |
| U17 | 100M | 91.4cm - 3’0” | 10 | 13.00m | 8.50m | 10.50 |
| U18 | 110M | 91.4cm - 3’0” | 10 | 13.72m | 9.14m | 14.02 |
| U19 | 110M | 99.1cm - 3’3” | 10 | 13.72m | 9.14m | 14.02 |
| Junior | 110M | 99.1cm - 3’3” | 10 | 13.72m | 9.14m | 14.02 |
| U23, IUAA & Senior | 110M | 106.7cm - 3’6” | 10 | 13.72m | 9.14m | 14.02 |
| M35 - 49 | 110M | 99.1cm - 3’3” | 10 | 13.72m | 9.14m | 14.02 |
| M50-59 | 100M | 91.4cm - 3’0” | 10 | 13.00m | 8.50m | 10.50 |
| M60 - 69 | 100M | 83.8cm - 2’9 | 10 | 12.00 | 8.00 | 16.00 |
| M70 - 79 | 80M | 76.2cm - 2’6” | 8 | 12.00 | 7.00 | 19.00 |
| M80 + | 80M | 68.6cm - 2’3” | 8 | 12.00 | 7.00 | 19.00 |