INDOOR HURDLES SPECIFICATIONS

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| **Female** |
| **Category** | **Event** | **Height** | **No.** | **Lead** | **Interval** | **Finish** |
| U12 | 60mH | 68.6cm - 2’3” | 5 | 11.00m | 7.25m | 20.00m |
| U13 | 60mH | 68.6cm - 2’3” | 5 | 11.00m | 7.25m | 20.00m |
| U14 | 60mH | 68.6cm - 2’3” | 5 | 11.50m | 7.50m | 18.50m |
| U15 | 60mH | 76.2cm - 2’6” | 5 | 12.00m | 8.00m | 16.00m |
| U16 | 60mH | 76.2cm - 2’6” | 5 | 12.00m | 8.00m | 16.00m |
| U17 | 60mH | 76.2cm - 2’6” | 5 | 13.00m | 8.50m | 13.00m |
| U18 | 60mH | 76.2cm - 2’6” | 5 | 13.00m | 8.50m | 13.00m |
| U19 | 60mH | 83.8cm - 2’9” | 5 | 13.00m | 8.50m | 13.00m |
| Junior | 60mH | 83.8cm - 2’9” | 5 | 13.00m | 8.50m | 13.00m |
| U23, IUAA & Senior | 60mH | 83.8cm - 2’9” | 5 | 13.00m | 8.50m | 13.00m |
| W35 - 39 | 60mH | 83.8cm - 2’9” | 5 | 13.00m | 8.50m | 13.00m |
| W40 - 49 | 60mH | 76.2cm - 2’6” | 5 | 12.00m | 8.00m | 16.00m |
| W50 - 59 | 60mH | 76.2cm - 2’6” | 5 | 12.00m | 7.00m | 20.00m |
| W60 + | 60mH | 68.6cm - 2’3” | 5 | 12.00m | 7.00m | 20.00m |
| **Male** |
| U12 | 60mH | 68.6cm - 2’3” | 5 | 11.00m | 7.25m | 20.00m |
| U13 | 60mH | 68.6cm - 2’3” | 5 | 11.00m | 7.25m | 20.00m |
| U14 | 60mH | 76.2cm - 2’6” | 5 | 11.50m | 7.50m | 18.50m |
| U15 | 60mH | 83.8cm - 2’9” | 5 | 12.00m | 8.00m | 16.00m |
| U16 | 60mH | 83.8cm - 2’9” | 5 | 13.00m | 8.50m | 13.00m |
| U17 | 60mH | 91.4cm - 3’0” | 5 | 13.00m | 8.50m | 13.00m |
| U18 | 60mH | 91.4cm - 3’0” | 5 | 13.72m | 9.14m | 9.72m |
| U19 | 60mH | 99.1cm - 3’3” | 5 | 13.72m | 9.14m | 9.72m |
| Junior | 60mH | 99.1cm - 3’3” | 5 | 13.72m | 9.14m | 9.72m |
| U23, IUAA & Senior | 60mH | 106.7cm- 3’6” | 5 | 13.72m | 9.14m | 9.72m |
| M35 - 49 | 60mH | 99.1cm - 3’3” | 5 | 13.72m | 9.14m | 9.72m |
| M50 - 59 | 60mH | 91.4cm - 3’0” | 5 | 12.00m | 8.00m | 16.00m |
| M60 - 69 | 60mH | 83.8cm - 2’9” | 5 | 12.00m | 7.00m | 20.00m |
| M70 - 79 | 60mH | 76.2cm - 2’6” | 5 | 12.00m | 7.00m | 20-00m |
| M80 + | 60mH | 68.6cm - 2’3” | 5 | 12.00m | 7.00m | 20.00m |

