

# HURDLE INFORMATION

## WOMEN'S HURDLES

### 100 Meter

|                                       |  |
|---------------------------------------|--|
| Number of Hurdles:                    | 10   |
| Hurdle Height                         | 33 inches  |
| Start line to 1 <sup>st</sup> Hurdle: | 42 Ft. 8 in. (13 m)                              |
| Between Hurdles:                      | 27 Ft. 10 <sup>3</sup> / <sub>4</sub> in. (8.5m) |
| Last Hurdle to Finish:                | 34 Ft. 5 <sup>1</sup> / <sub>2</sub> in. (10.5m) |

### 300 Meter

|                                       |  |
|---------------------------------------|--|
| Number of Hurdles:                    | 8  |
| Hurdle Height                         | 30 inches  |
| Start line to 1 <sup>st</sup> Hurdle: | 147 Ft. 7 <sup>1</sup> / <sub>2</sub> in. (45 m) |
| Between Hurdles:                      | 114 Ft. 10 in. (35 m)                            |
| Last Hurdle to Finish:                | 32 Ft. 9 <sup>3</sup> / <sub>4</sub> in. (10 m)  |

## MEN'S HURDLES

### 110 Meter

|                                       |  |
|---------------------------------------|--|
| Number of Hurdles:                    | 10   |
| Hurdle Height                         | 39 inches  |
| Start line to 1 <sup>st</sup> Hurdle: | 45 Ft. (13.72m)                                    |
| Between Hurdles:                      | 30 Ft. (9.14m)                                     |
| Last Hurdle to Finish:                | 45 Ft. 10 <sup>5</sup> / <sub>8</sub> in. (14.02m) |

### 300 Meter

|                                       |   |
|---------------------------------------|---|
| Number of Hurdles:                    | 8   |
| Hurdle Height                         | 36 inches                                       |
| Start line to 1 <sup>st</sup> Hurdle: | 147 Ft. 7 <sup>1</sup> / <sub>2</sub> in. (45m) |
| Between Hurdles:                      | 114 Ft. 10 in.. (35m)                           |
| Last Hurdle to Finish:                | 32 Ft. 9 <sup>3</sup> / <sub>4</sub> in. (10m)  |