

Hurdle Heights & Distances

Race Distance	Height of Hurdle	Distance to H1	Distance b/t H	Last H to Finish
110m Men	1.067m	13.72m	9.14m	14.02m
100m Women	.84m	13m	8.5m	10.5m
400m Men	.914m	45m	35m	40m
400m Women	.762m	45m	35m	40m

HURDLES

VSSSA
Victorian Secondary
Schools Sports Association

Age Section	Line Colour	Event Dist	Hurdle Ht	No. of Flights	Mt to First	Mt Apart	Mt to End
Girls U 13	Black	80 m	76.2 cm	9	12.00	7.00	12.00
Girls U 14	Black	80 m	76.2 cm	9	12.00	7.00	12.00
Girls U 15	White	90 m	76.2 cm	9	13.00	8.00	13.00
Girls U 16	White	90 m	76.2 cm	9	13.00	8.00	13.00
Girls U 17	Yellow	100 m	76.2 cm	10	13.00	8.50	10.50
Girls U 21	Yellow	100 m	84.0 cm	10	13.00	8.50	10.50
Boys U 13	Black	80 m	76.2 cm	9	12.00	7.00	12.00
Boys U 14	White	90 m	76.2 cm	9	13.00	8.00	13.00
Boys U 15	Yellow	100 m	84.0 cm	10	13.00	8.50	10.50
Boys U 16	Yellow	100 m	84.0 cm	10	13.00	8.50	10.50
Boys U 17	Blue	110 m	91.4 cm	10	13.72	9.14	14.02
Boys U 21	Blue	110 m	99.1 cm	10	13.72	9.14	14.02

200H: Male U16: 10 hurdles, 76.2; purple track markings; Female U16: 10 hurdles, 76.2, purple track markings
18.29 to H1 ... 18.29m apart ... 17.10m from final hurdle to the finish (Athletics Victoria)

3.11 HURDLE HEIGHTS, PLACEMENT AND DISTANCES

3.11.1 60 Metre Hurdles - (Six Flights)

AGE-B/G	HEIGHT	RUN - IN	SPACING	RUN - OUT
9	45 cm	12 m	7 m	13 m
10 - 11	60 cm	12 m	7 m	13 m
12	68 cm	12 m	7 m	13 m

3.11.2 80 Metre Hurdles - (Nine Flights)

AGE-B/G	HEIGHT	RUN - IN	SPACING	RUN - OUT
9	45 cm	12 m	7 m	12 m
10 - 11	60 cm	12 m	7 m	12 m
12	68 cm	12 m	7 m	12 m
13	76 cm	12 m	7 m	12 m
14 G	76 cm	12 m	7 m	12 m

3.11.3 90 Metre Hurdles - (Nine Flights)

AGE	HEIGHT	RUN - IN	SPACING	RUN - OUT
14 B	76 cm	13 m	8 m	13 m
15 G	76 cm	13 m	8 m	13 m

3.11.4 100 Metre Hurdles - (Ten Flights)

AGE	HEIGHT	RUN - IN	SPACING	RUN - OUT
15 B	76 cm	13 m	8.5 m	10.5 m

3.11.5 300 Metre Hurdles - (Seven Flights)

AGE B/G	HEIGHT	RUN - IN	SPACING	RUN - OUT
13 - 15	68 cm	50 m	35 m	40 m

VLAA