

HURDLE SPECIFICATIONS

ZONE, REGION & STATE (Qualification through the pathway)						
Age group	Distance	Run in	Separation	Run out	Flights	Height
8s Male (Born 2018)	60 metres	12 metres	7 metres	13 metres	6	45 cm.
8s Female (Born 2018)	60 metres	12 metres	7 metres	13 metres	6	45 cm.
9s Male (Born 2017)	60 metres	12 metres	7 metres	13 metres	6	45 cm.
9s Female (Born 2017)	60 metres	12 metres	7 metres	13 metres	6	45 cm.
10s Male (Born 2016)	60 metres	12 metres	7 metres	13 metres	6	60 cm.
10s Female (Born 2016)	60 metres	12 metres	7 metres	13 metres	6	60 cm.
11s Male (Born 2015)	80 metres	12 metres	7 metres	12 metres	9	60 cm.
11s Female (Born 2015)	80 metres	12 metres	7 metres	12 metres	9	60 cm.
12s Male (Born 2014)	80 metres	12 metres	7 metres	12 metres	9	68 cm.
12s Female (Born 2014)	80 metres	12 metres	7 metres	12 metres	9	68 cm.

HURDLE SPECIFICATIONS

ZONE, REGION & STATE (Qualification through the pathway)						
Age group	Distance	Run in	Separation	Run out	Flights	Height
13s Female (Born 2013)	80 metres	12 metres	7 metres	12 metres	9	76 cm.
13s Male (Born 2013)	90 metres	13 metres	8 metres	13 metres	9	76 cm.
14s Female (Born 2012)	90 metres	13 metres	8 metres	13 metres	9	76 cm.
14s Male (Born 2012)*	100 metres	13 metres	8.5 metres	10.5 metres	10	76 cm.
15s Female (Born 2011)	90 metres	13 metres	8 metres	13 metres	9	76 cm.
15s Male (Born 2011) *	100 metres	13 metres	8.5 metres	10.5 metres	10	76 cm.

*Additional Specifications offered at Centre and/or State Level

CENTRE ONLY						
Age group	Distance	Run in	Separation	Run out	Flights	Height
16s Male (Born 2010) (where no 110m track is available)	100 metres	13.72 metres	9.14 metres	13.16 metres	9	76 cm.
17s Male (Born 2009) (where no 110m track is available)	100 metres	13.72 metres	9.14 metres	13.16 metres	9	76 cm.
U20 Male (Born 2007/2008) (where no 110m track is available)	100 metres	13.72 metres	9.14 metres	13.16 metres	9	76 cm.

HURDLE SPECIFICATIONS

STATE ONLY (Direct Entry. Optional @ Zone & Region)						
Age group	Distance	Run in	Separation	Run out	Flights	Height
14s Male (Born 2012)*	100 metres	13 metres	8.5 metres	10.5 metres	10	84 cm.
15s Male (Born 2011) *	100 metres	13 metres	8.5 metres	10.5 metres	10	84 cm.
16s Female (Born 2010)	100 metres	13 metres	8.5 metres	10.5 metres	10	76 cm.
16s Male (Born 2010)	110 metres	13.72 metres	9.14 metres	14.02 metres	10	76 cm.
16s Male (Born 2010)	110 metres	13.72 metres	9.14 metre	14.02 metre	10	91 cm.
17s Female (Born 2009)	100 metres	13 metres	8.5 metres	10.5 metres	10	76 cm.
17's Male (Born 2009)	110 metres	13.72 metres	9.14 metre	14.02 metre	10	91 cm.
17's Male (Born 2009)	110 metres	13.72 metres	9.14 metres	14.02 metres	10	76 cm.
U20 Female (Born 2008/2007)	100 metres	13 metres	8.5 metres	10.5 metres	10	84 cm.
U20 Male (Born 2008/2007)	110 metres	13.72 metres	9.14 metres	14.02 metres	10	99 cm.

LONG HURDLE SPECIFICATIONS

ZONE, REGION & STATE (Qualification through the pathway)						
Age group	Distance	Run in	Separation	Run out	Flights	Height
13s Female (Born 2013)	200 metres	20 metres	35 metres	40 metres	5	76 cm.
13s Male (Born 2013)	200 metres	20 metres	35 metres	40 metres	5	76 cm.
14s Female (Born 2012)	300 metres	50 metres	35 metres	40 metres	7	76 cm.
14s Male (Born 2012)	300 metres	50 metres	35 metres	40 metres	7	76 cm.
15s Female (Born 2011)	300 metres	50 metres	35 metres	40 metres	7	76 cm.
15s Male (Born 2011)	300 metres	50 metres	35 metres	40 metres	7	76 cm.

STATE ONLY (Direct Entry. Optional @ Zone & Region)						
Age group	Distance	Run in	Separation	Run out	Flights	Height
16s Female (Born 2010)	400 metres	45 metres	35 metres	40 metres	10	76 cm.
16s Male (Born 2010)	400 metres	45 metres	35 metres	40 metres	10	84 cm.
17s Female (Born 2009)	400 metres	45 metres	35 metres	40 metres	10	76 cm.
17s Male (Born 2009)	400 metres	45 metres	35 metres	40 metres	10	84 cm.
U20 Female (Born 2008/2007)	400 metres	45 metres	35 metres	40 metres	10	76 cm.
U20 Male (Born 2008/2007)	400 metres	45 metres	35 metres	40 metres	10	91 cm.

LONG HURDLE SPECIFICATIONS

CENTRE ONLY						
Age group	Distance	Run in	Separation	Run out	Flights	Height
16s Female (Born 2010) (where no 400m track is available)	300 metres	50 metres	35 metres	40 metres	7	76 cm.
16s Male (Born 2010) (where no 400m track is available)	300 metres	50 metres	35 metres	40 metres	7	76 cm.
17s Female (Born 2009) (where no 400m track is available)	300 metres	50 metres	35 metres	40 metres	7	76 cm.
17s Male (Born 2009) (where no 400m track is available)	300 metres	50 metres	35 metres	40 metres	7	76 cm.
U20 Female (Born 2007/2008) (where no 400m track is available)	300 metres	50 metres	35 metres	40 metres	7	76 cm.
U20 Male (Born 2007/2008) (where no 400m track is available)	300 metres	50 metres	35 metres	40 metres	7	76 cm.

HURDLE SPECIFICATIONS

FEMALE						
Age group	Distance	Run in	Separation	Run out	Flights	Height
OPEN	100m	13m	8.5m	10.5m	10	84cm
30-34	100m	13m	8.5m	10.5m	10	84cm
35-39	100m	13m	8.5m	10.5m	10	84cm
40-44	80m	12m	8m	12m	8	76cm
45-49	80m	12m	8m	12m	8	76cm
50-54	80m	12m	7m	19m	8	76cm
55-59	80m	12m	7m	19m	8	76cm
60-64	80m	12m	7m	19m	8	68cm
65-69	80m	12m	7m	19m	8	68cm
70-74	80m	12m	7m	19m	8	68cm
75-79	80m	12m	7m	19m	8	68cm
80+	80m	12m	7m	19m	8	68cm

HURDLE SPECIFICATIONS

MALE						
Age group	Distance	Run in	Separation	Run out	Flights	Height
OPEN	110m	13.72m	9.14m	14.02m	10	106cm
30-34	110m	13.72m	9.14m	14.02m	10	99cm
35-39	110m	13.72m	9.14m	14.02m	10	99cm
40-44	110m	13.72m	9.14m	14.02m	10	99cm
45-49	110m	13.72m	9.14m	14.02m	10	99cm
50-54	100m	13m	8.5m	10.5m	10	91cm
55-59	100m	13m	8.5m	10.5m	10	91cm
60-64	100m	12m	8m	16m	10	84cm
65-69	100m	12m	8m	16m	10	84cm
70-74	80m	12m	7m	19m	8	76cm
75-79	80m	12m	7m	19m	8	76cm
80+	80m	12m	7m	19m	8	68cm

HURDLE SPECIFICATIONS

FEMALE						
Age group	Distance	Run in	Separation	Run out	Flights	Height
OPEN	400m	45m	35m	40m	10	76cm
30-34	400m	45m	35m	40m	10	76cm
35-39	400m	45m	35m	40m	10	76cm
40-44	400m	45m	35m	40m	10	76cm
45-49	400m	45m	35m	40m	10	76cm
50-54	300m	50m	35m	40m	7	76cm
55-59	300m	50m	35m	40m	7	76cm
60-64	300m	50m	35m	40m	7	68cm
65-69	300m	50m	35m	40m	7	68cm
70-74	200m	20m	35m	40m	5	68cm
75-79	200m	20m	35m	40m	5	68cm
80+	200m	20m	35m	40m	5	68cm

HURDLE SPECIFICATIONS

MALE						
Age group	Distance	Run in	Separation	Run out	Flights	Height
OPEN	400m	45m	35m	40m	10	91cm
30-34	400m	45m	35m	40m	10	91cm
35-39	400m	45m	35m	40m	10	91cm
40-44	400m	45m	35m	40m	10	91cm
45-49	400m	45m	35m	40m	10	91cm
50-54	400m	45m	35m	40m	10	84cm
55-59	400m	45m	35m	40m	10	84cm
60-64	300m	50m	35m	40m	7	76cm
65-69	300m	50m	35m	40m	7	76cm
70-74	300m	50m	35m	40m	7	68cm
75-79	300m	50m	35m	40m	7	68cm
80+	200m	20m	35m	40m	5	68cm

STEEPLE SPECIFICATIONS

FEMALE		
Age group	Distance	Height
OPEN	3000m	76cm
30-34	2000m	76cm
35-39	2000m	76cm
40-44	2000m	76cm
45-49	2000m	76cm
50-54	2000m	76cm
55-59	2000m	76cm
60-64	2000m	76cm
65-69	2000m	76cm
70-74	2000m	76cm
75-79	2000m	76cm
80+	2000m	76cm

MALE		
Age group	Distance	Height
OPEN	3000m	91cm
30-34	3000m	91cm
35-39	3000m	91cm
40-44	3000m	91cm
45-49	3000m	91cm
50-54	3000m	91cm
55-59	3000m	91cm
60-64	2000m	76cm
65-69	2000m	76cm
70-74	2000m	76cm
75-79	2000m	76cm
80+	2000m	76cm