

SHORT HURDLE SPECIFICATIONS														
AGE	GENDER	DIST	RUN IN	RUN OUT	INTERVAL	FLIGHTS	HEIGHT							
8	Girls	60m	12m	13m	7m	6	45cm							
8	Boys													
9	Girls													
9	Boys													
10	Girls													
10	Boys													
11	Girls													
11	Boys													
12	Girls													
12	Boys													
13	Girls	80m	13m	12m	8m	9	76cm							
13	Boys													
14	Girls	90m		13m				13m	8.5m	10				
14	Boys													
15	Girls	100m						13.72m			10.5m	9.14m	9	
17	Girls													
15	Boys										13.16m			9
17	Boys (c)													
17	Boys										14.02m			10

(c) Alternate hurdle specification when 110 metre track is not available.

200 METRE HURDLE SPECIFICATIONS							
AGE	GENDER	DIST	RUN IN	RUN OUT	INTERVAL	FLIGHTS	HEIGHT
13	Girls	200m	20m	40m	35m	5 flights	68cm
13	Boys						
14	Girls						
14	Boys						
15	Girls						
15	Boys						
17	Girls						
17	Boys						