

OPEN / MASTERS HURDLE HEIGHTS AND SPACINGS

Adapted from Rule 332.2(i)



WOMEN'S INDOOR

Division	Distance	Hurdles	Height	To First	Interval	to Finish
25-39	60m	5	0.840m = 33"	13.00m	8.50m	13.00m
40-49	60m	5	0.762m = 30"	12.00m	8.00m	16.00m
50-59	60m	5	0.762m = 30"	12.00m	7.00m	20.00m
60 +	60m	5	0.686m = 27"	12.00m	7.00m	20.00m

MEN'S INDOOR

Division	Distance	Hurdles	Height	To First	Interval	to Finish
25-49	60m	5	0.991m = 39"	13.72m	9.14m	9.72m
50-59	60m	5	0.914m = 36"	13.00m	8.50m	13.00m
60-69	60m	5	0.840m = 33"	12.00m	8.00m	16.00m
70-79	60m	5	0.762m = 30"	12.00m	7.00m	20.00m
80+	60m	5	0.686m = 27"	12.00m	7.00m	20.00m

WOMEN'S OUTDOOR SHORT

Division	Distance	Hurdles	Height	To First	Interval	to Finish
25-39	100m	10	0.840m = 33"	13.00m	8.50m	10.50m
40-49	80m	8	0.762m = 30"	12.00m	8.00m	12.00m
50-59	80m	8	0.762m = 30"	12.00m	7.00m	19.00m
60 +	80m	8	0.686m = 27"	12.00m	7.00m	19.00m

MEN'S OUTDOOR SHORT

Division	Distance	Hurdles	Height	To First	Interval	to Finish
25-49	60m	5	0.991m = 39"	13.72m	9.14m	9.72m
50-59	60m	5	0.914m = 36"	13.00m	8.50m	13.00m
60-69	60m	5	0.840m = 33"	12.00m	8.00m	16.00m
70-79	60m	5	0.762m = 30"	12.00m	7.00m	20.00m
80+	60m	5	0.686m = 27"	12.00m	7.00m	20.00m

WOMEN'S OUTDOOR LONG

Division	Distance	Hurdles	Height	To First	Interval	to Finish
25-49	400m	10	0.762m = 30"	45.00m	35.00m	40.00m
50-59	300m*	7	0.762m = 27"	50.00m	35.00m	40.00m
60-69	300m*	7	0.686m = 27"	50.00m	35.00m	40.00m
70 +	200m*	5	0.686m = 27"	20.00m	35.00m	40.00m

MEN'S OUTDOOR LONG

Division	Distance	Hurdles	Height	To First	Interval	to Finish
25-49	400m	10	0.914m = 36"	45.00m	35.00m	40.00m
50-59	400m	10	0.840m = 33"	45.00m	35.00m	40.00m
60-69	300m*	7	0.762m = 30"	50.00m	35.00m	40.00m
70-79	300m*	7	0.686m = 27"	50.00m	35.00m	40.00m
80+	200m	5	0.686m = 27"	20.00m	35.00m	40.00m

*The locations for the hurdles in the 300m event are the same as the last seven hurdles of the 400m event. They are not the same as the high school 300m hurdle race, which uses eight hurdles. The locations for the hurdles in the 200m event are the same as the last five hurdles of the 400m event.



STEEPLECHASE

Division	Distance	Hurdle Height	Hurdles	Water Jumps	Jumps per Lap
All Women	2000m	0.762m = 30"	18	5	4 hurdles + 1 water jump
Men 25-59	3000m	0.914m = 36"	28	7	4 hurdles + 1 water jump
Men 60+	2000m	0.686m = 27"	18	5	4 hurdles + 1 water jump

Rule 332.2(i), Rule 169.2, Rule 169.3

There shall be five jumps (4 hurdles + 1 water jump per lap after) the finish line has been passed for the first time.

The jumps should be evenly distributed, such that the distance between the jumps shall be approximately one-fifth of the nominal length of the lap.