

**OUTDOOR HURDLE SPACING COMPARISON**

**MEN**

<u>AGE GROUP</u>	<u>DISTANCE</u>	<u>NUMBER</u>	<u>HEIGHT</u>	<u>1ST</u>	<u>BETWEEN</u>	<u>LAST</u>
Jr. High	110	10	.840m 33"	13.72m	9.14m	14.02m
High School	110	10	.991m 39"	13.72m	9.14m	14.02m
NCAA	110	10	1.067m 42"	13.72m	9.14m	14.02m
USATF	110	10	1.067m 42"	13.72m	9.14m	14.02m
IAAF	110	10	1.067m 42"	13.72m	9.14m	14.02m
Jr. High	200	5	.762m 30"	50.00m	35.00m	10.00m
High School	300	8	.914m 36"	45.00m	35.00m	10.00m
NCAA	400	10	.914m 36"	45.00m	35.00m	40.00m
USATF	400	10	.914m 36"	45.00m	35.00m	40.00m
IAAF	400	10	.914m 36"	45.00m	35.00m	40.00m

**WOMEN**

<u>AGE GROUP</u>	<u>DISTANCE</u>	<u>NUMBER</u>	<u>HEIGHT</u>	<u>1ST</u>	<u>BETWEEN</u>	<u>LAST</u>
Jr. High	100	10	.762m 30"	13.00m	8.50m	10.50m
High School	110	10	.840m 33"	13.00m	8.50m	10.50m
NCAA	100	10	.840m 33"	13.00m	8.50m	10.50m
USATF	100	10	.840m 33"	13.00m	8.50m	10.50m
IAAF	100	10	.840m 33"	13.00m	8.50m	10.50m
Jr. High	200	5	.762m 30"	50.00m	35.00m	10.00m
High School	300	8	.762m 30"	45.00m	35.00m	10.00m
NCAA	400	10	.762m 30"	45.00m	35.00m	40.00m
USATF	400	10	.762m 30"	45.00m	35.00m	40.00m
IAAF	400	10	.762m 30"	45.00m	35.00m	40.00m

**INDOOR NCAA**

<b>Men</b>	55/60	5	1.067m 42"	13.72m	9.14m	4.72/9.72m
<b>Women</b>	55/60	5	.840m 33"	13.00m	8.50m	8/13.00m

## MASTERS OUTDOOR HURDLE SPACING

### MASTERS MEN OUTDOOR SHORT HURDLES

<u>AGE GROUP</u>	<u>DISTANCE</u>	<u>NUMBER</u>	<u>HEIGHT</u>	<u>1ST</u>	<u>BETWEEN</u>	<u>LAST</u>
30-49	110 m	10	.991m 39"	13.72m	9.14m	14.20m
50-59	100 m	10	.914m 36"	13.00m	8.50m	10.50m
60-69	100 m	10	.840m 33"	16.00m	8.00m	12.00m
70-79	80 m	8	.762m 30"	12.00m	7.00m	19.00m
80 - up	80 m	8	.686m 27"	12.00m	7.00m	19.00m

### MASTERS MEN OUTDOOR LONG HURDLES

<u>AGE GROUP</u>	<u>DISTANCE</u>	<u>NUMBER</u>	<u>HEIGHT</u>	<u>1ST</u>	<u>BETWEEN</u>	<u>LAST</u>
30-49	400 m	10	.914m 36"	45.00m	35.00m	40.00m
50-59	400 m	10	.840m 33"	45.00m	35.00m	40.00m
60-69	300 m	7	.762m 30"	50.00m	35.00m	40.00m
70 - up	300 m	7	.686m 27"	50.00m	35.00m	40.00m

### MASTERS WOMEN OUTDOOR SHORT HURDLES

<u>AGE GROUP</u>	<u>DISTANCE</u>	<u>NUMBER</u>	<u>HEIGHT</u>	<u>1ST</u>	<u>BETWEEN</u>	<u>LAST</u>
30-39	100 m	10	.840m 33"	13.00m	8.50m	10.50m
40-49	80 m	8	.762m 30"	12.00m	8.00m	12.00m
50-59	80 m	8	.762m 30"	12.00m	7.00m	19.00m
60 - up	80 m	8	.686m 27"	12.00m	7.00m	19.00m

### MASTERS WOMEN OUTDOOR LONG HURDLES

<u>AGE GROUP</u>	<u>DISTANCE</u>	<u>NUMBER</u>	<u>HEIGHT</u>	<u>1ST</u>	<u>BETWEEN</u>	<u>LAST</u>
30-49	400 m	10	.762m 30"	45.00m	35.00m	40.00m
50-59	300 m	7	.762m 30"	50.00m	35.00m	40.00m
60 - up	300 m	7	.686m 27"	50.00m	35.00m	40.00m

**MASTERS/ WMA INDOOR HURDLE SPACING**

**MASTERS MEN INDOOR**

<b><u>AGE GROUP</u></b>	<b><u>DISTANCE</u></b>	<b><u>NUMBER</u></b>	<b><u>HEIGHT</u></b>	<b><u>1ST</u></b>	<b><u>BETWEEN</u></b>	<b><u>LAST</u></b>
40-49	60 m	5	.991m 39"	13.72m	9.14m	9.72m
50-59	60 m	5	.914m 36"	13.00m	8.50m	13.00m
60-69	60 m	5	.840m 33"	13.00m	8.50m	13.00m
70-79	60 m	5	.762m 30"	12.00m	7.00m	20.00m
80-up	60 m	5	.686m 27"	12.00m	7.00m	20.00m

**MASTERS WOMEN INDOOR**

<b><u>AGE GROUP</u></b>	<b><u>DISTANCE</u></b>	<b><u>NUMBER</u></b>	<b><u>HEIGHT</u></b>	<b><u>1ST</u></b>	<b><u>BETWEEN</u></b>	<b><u>LAST</u></b>
35-39	60 m	5	.840m 33"	13.00m	8.50m	13.00m
40-49	60 m	5	.762m 30"	12.00m	8.00m	16.00m
50-59	60 m	5	.762m 30"	12.00m	7.00m	20.00m
60-up	60 m	5	.686m 27"	12.00m	7.00m	20.00m

**WMA MEN INDOOR**

<b><u>AGE GROUP</u></b>	<b><u>DISTANCE</u></b>	<b><u>NUMBER</u></b>	<b><u>HEIGHT</u></b>	<b><u>1ST</u></b>	<b><u>BETWEEN</u></b>	<b><u>LAST</u></b>
40-49	60 m	5	.991m 39"	13.72m	9.14m	9.72m
50-59	60 m	5	.914m 36"	13.00m	8.50m	13.00m
60-69	60 m	5	.840m 33"	13.00m	8.50m	13.00m
70-79	60 m	5	.762m 30"	12.00m	7.00m	20.00m
80-up	60 m	5	.686m 27"	12.00m	7.00m	20.00m

**WMA WOMEN INDOOR**

<b><u>AGE GROUP</u></b>	<b><u>DISTANCE</u></b>	<b><u>NUMBER</u></b>	<b><u>HEIGHT</u></b>	<b><u>1ST</u></b>	<b><u>BETWEEN</u></b>	<b><u>LAST</u></b>
35-39	60 m	5	.840m 33"	13.00m	8.50m	13.00m
40-49	60 m	5	.762m 30"	12.00m	8.00m	16.00m
50-59	60 m	5	.762m 30"	12.00m	7.00m	20.00m
60-up	60 m	5	.686m 27"	12.00m	7.00m	20.00m

## YOUTH OUTDOOR HURDLE SPACING

### YOUTH MEN OUTDOOR HURDLES

<u>AGE GROUP</u>	<u>DISTANCE</u>	<u>NUMBER</u>	<u>HEIGHT</u>	<u>1ST</u>	<u>BETWEEN</u>	<u>LAST</u>
Midget Boys	80	8	.762 m 30"	12.00m	7.50m	15.50m
Youth Boys	100	10	.840 m 33"	13.00m	8.50m	10.50m
Intermediate Men	110	10	.991m 39"	13.72m	9.14m	14.02m
Young Men	110	10	.991m 39"	13.72m	9.14m	14.02m
Youth Boys	200	5	.762m 30"	20.00m	35.00m	40.00m
Intermediate Men	400	10	.914m 36"	45.00m	35.00m	40.00m
Young Men	400	10	.914m 36"	45.00m	35.00m	40.00m

### YOUTH WOMEN OUTDOOR HURDLES

<u>AGE GROUP</u>	<u>DISTANCE</u>	<u>NUMBER</u>	<u>HEIGHT</u>	<u>1ST</u>	<u>BETWEEN</u>	<u>LAST</u>
Midget Girls	80	8	.762 m 30"	12.00m	7.50m	15.50m
Youth Girls	100	10	.762m 30"	13.00m	8.00m	15.00m
Intermediate Women	100	10	.840m 33"	13.00m	8.50m	10.50m
Young Women	100	10	.840m 33"	13.00m	8.50m	10.50m
Youth Girls	200	5	.762m 30"	20.00m	35.00m	40.00m
Intermediate Women	400	10	.762m 30"	45.00m	35.00m	40.00m
Young Women	400	10	.762m 30"	45.00m	35.00m	40.00m