

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

Men	55/60	5	1.067m 42"	13.72m	9.14m	4.72/9.72m
Women	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

<u>AGE GROUP</u>	<u>DISTANCE</u>	<u>NUMBER</u>	<u>HEIGHT</u>	<u>1ST</u>	<u>BETWEEN</u>	<u>LAST</u>
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

<u>AGE GROUP</u>	<u>DISTANCE</u>	<u>NUMBER</u>	<u>HEIGHT</u>	<u>1ST</u>	<u>BETWEEN</u>	<u>LAST</u>
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

<u>AGE GROUP</u>	<u>DISTANCE</u>	<u>NUMBER</u>	<u>HEIGHT</u>	<u>1ST</u>	<u>BETWEEN</u>	<u>LAST</u>
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

<u>AGE GROUP</u>	<u>DISTANCE</u>	<u>NUMBER</u>	<u>HEIGHT</u>	<u>1ST</u>	<u>BETWEEN</u>	<u>LAST</u>
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