

OUTDOORS SP HURDLES

Age Group	Event	Hurdle Height	Hurdle Weight	Flights	Colour Marking	Distance to First H	Distance Between Hs	Distance from Last H to Finish
Sen (and U23) Men	110H	106.7cm	3.6kg	10	Blue	13.72m	9.14m	14.02m
U20 Men	110H	99.1cm	3.6kg	10	Blue	13.72m	9.14m	14.02m
U18 Men	110H	91.4cm	3.6kg	10	Blue	13.72m	9.14m	14.02m
U16 Boys	100H	84.0cm	2.7kg	10	Yellow	13m	8.5m	10.5m
U14 Boys	80H	76.2cm	2.7kg	8	Black	12m	8m	12m
U12 Boys	75H	68.5cm	2.7kg	8	Orange	11.5m	7.5m	11m
Sen / U23 / U20 Women	100H	84.0cm	3.6kg	10	Yellow	13m	8.5m	10.5m
U18 Youth	100H	76.2cm	3.6kg	10	Yellow	13m	8.5m	10.5m
U16 Girls	80H	76.2cm	2.7kg	8	Black	12m	8m	12m
U14 Girls	75H	68.5cm	2.7kg	8	Orange	11.5m	7.5m	11m
U12 Girls	70H	68.5cm	2.7kg	8	Pink	11m	7m	10m

OUTDOORS LONG HURDLES

Age Group	Event	Hurdle Height	Hurdle Weight	Flights	Colour Marking	Distance to First H	Distance Between Hs	Distance from Last H to Finish
Sen (and U23) Men	400H	91.4cm	3.6kg	10	Green	45m	35m	40m
U20 Men	400H	91.4cm	3.6kg	10	Green	45m	35m	40m
U18 Men	400H	84.0cm	3.6kg	10	Green	45m	35m	40m
U16 Boys	300mH	84.0cm	2.7kg	7	Green	50m	35m	40m
U14 Boys	200mH	76.2cm	2.7kg	5	Green	20m	35m	40m
Sen / U23 / U20 Women	400H	76.2cm	3.6kg	10	Green	45m	35m	40m
U18 Youth	400H	76.2cm	3.6kg	10	Green	45m	35m	40m
U16 Girls	300H	76.2cm	2.7kg	7	Green	50m	35m	40m
U14 Girls	200H	68.5cm	2.7kg	5	Green	20m	35m	40m

Age Group	Event	Barrier height (cm)	No. of barriers	No. of WJs	Distance to 1st Barrier (m)	Distance between Barriers (m)	Distance from last Barrier to finish (m)
Sen / U23 / U20 Men	3000m	91.4cm	28	7	257.8	Refer to Rule 23.3 as required: The jumps should be evenly distributed, so the distance between the jumps shall be approx 1/5 of the nominal length of lap.	62.2
U18 Youth	2000m	83.8	18	5	203.8		62.2
U16 Boys	1500m	76.2	13	3	255.8		62.2
Sen/ U23 / U20 Women	3000m	76.2	28	7	257.8		62.2
U18 Youth	2000m	76.2	18	5	203.8		62.2
U16 Girls	1500m	76.2	13	3	255.8		62.2

INDOORS

Age Group	Event	Hurdle Height	Hurdle Weight	Flights	Colour Marking	Distance to First H	Distance Between Hs	Distance from Last H to Finish
Sen (and U23) Men	60H	106.7cm	3.6kg	5	Blue	13.72m	9.14m	9.72m
U20 Men	60H	99.1cm	3.6kg	5	Blue	13.72m	9.14m	9.72m
U18 Men	60H	91.4cm	3.6kg	5	Blue	13.72m	9.14m	9.72m
U16 Boys	60H	84.0cm	2.7kg	5	Yellow	13m	8.5m	13
U14 Boys	60H	76.2cm	2.7kg	5	Black	12m	8m	16m
U12 Boys	60H	68.5cm	2.7kg	5	Orange	11.5m	7.5m	18.5m
Sen / U23 / U20 Women	60H	84.0cm	3.6kg	5	Yellow	13m	8.5m	13m
U18 Youth	60H	76.2cm	3.6kg	5	Yellow	13m	8.5m	13m
U16 Girls	60H	76.2cm	2.7kg	5	Black	12m	8m	16m
U14 Girls	60H	68.5cm	2.7kg	5	Orange	11.5m	7.5m	18.5m
U12 Girls	60H	68.5cm	2.7kg	5	Pink	11m	7m	21m