

Event offered to

Distance	Height	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
60mH	20cm	B/G											
60mH	30cm		B/G										
60mH	45cm			B/G	B/G								
60mH	60cm					B/G							
80mH	60cm						B/G						
80mH	68cm							B/G					
80mH	76cm								B/G	G			
90mH	76cm									B	G	G	
100mH	76cm									B	B	G	
110mH	76cm											B	
200mH	68cm							B/G					
200mH	76cm								B/G				
300mH	76cm									B/G	B/G	B/G	



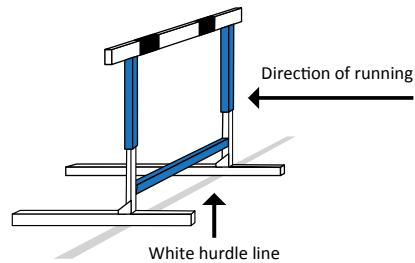
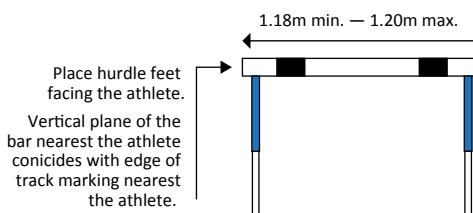
Event equipment

- ✓ Mini hurdles for the U6 and U7 age groups
- ✓ Standard hurdles for the U8 to U17 age groups
- ✓ Hurdle specifications for each age group including distance, height of hurdles, number of flights and spacing between each flight

Event safety

- All hurdles must be placed on the track facing the correct direction so as to collapse towards the finish line. Hurdles are designed to fall when knocked.
- Hurdles are placed on the track with the edge of the crossbar nearest the approaching athlete, to coincide with the track marking nearest the athlete.
- The correct number of hurdles need to be positioned on the correct markings and at the correct height for the age group.

- Athletes are **never** allowed to jump the hurdles from the wrong direction. This is most likely to occur after athletes have been allowed a practice jump prior to the event.
- When effected by wet weather, track conditions need to be checked as grass tracks can become slippery. Consider postponing the event if deemed unsafe.
- The track and nearby areas must be clear of obstructions and hazards.



Family fun and fitness

HANDY HINTS

Where to assist

Refer to the *Track Umpire Handy Hints*.

Assistance is required with the setting up, moving and stacking hurdles, as well as picking up, realigning knocked hurdles and adjusting the height as required.

Basic rules

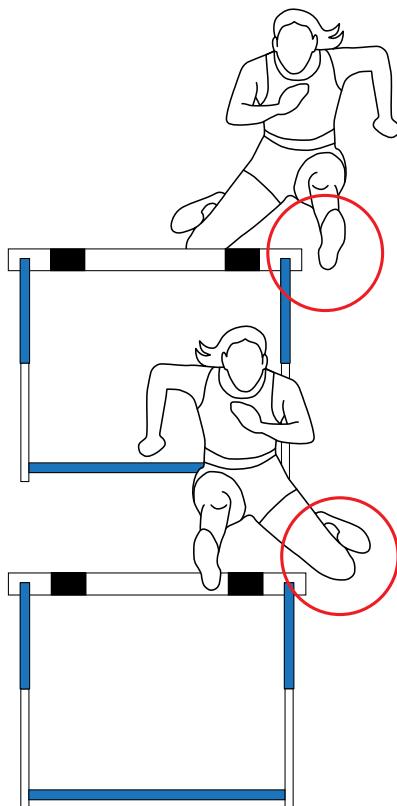
- All hurdle events are run in lanes.
- Athletes are normally allowed a practice trial over the first two hurdle flights to check their start and hurdle clearance.
- Athletes must attempt to clear each hurdle in the allocated lane. Unintentional knocking down of hurdles will not result in disqualification.



Disqualification

Disqualification occurs if an athlete:

- interferes with or impedes another athlete.
- goes under or around the hurdles.
- straddles or knocks down any hurdles in another lane.
- trails a foot or leg around the side of the hurdle.
- deliberately knocks down any hurdles with hand, body or upper side of the lead leg.



Handy hints to run Hurdle events

- When conducting hurdle events on the one day/night, have higher hurdle events first followed by the lower hurdle events. Alternatively, conduct hurdle events for the U13 to U17 age groups on one week and the U6 to U12 age groups on the following week.
- If the track is available, conduct hurdle events on the back straight to allow track events to continue on the front straight or vice versa.

Handy hints for the athletes

Hurdling is basically an extension of running. The first leg over the hurdle is called the 'lead leg' and the second leg over is called the 'trail leg'.

- **Lead leg:** lift the knee straight up (bent knee raised to chest), stretch the leg straight out over the hurdle, straight down to land the foot on the other side of the hurdle.

- **Trail leg:** lift the leg up to the side, knee bent, with heel close to bottom and toes pulled up. Pull the knee around and through to the chest; land with foot in the direction of running.
- **Arm action:** arm opposite to the lead leg leads into the hurdle and drives forwards as the lead leg rises. Other arm is taken back in a normal sprinting action. As the trail leg comes round, the leading arm swings back to counter the rotation of the trail leg.
- Use smooth, fast running between the hurdles and try to clear the hurdles without slowing down.
- Generally, sprint hurdles have a rhythm of three strides before each hurdle. Younger athletes may take more strides.
- It is in the best interest of the athlete to learn to lead with either leg.