

Hurdle Central Track Club – Hurdle Touchdown Times – Last Update 07/26/13

100H	33" - 8.5m Spacing			13m	21.5m	30m	38.5m	47m	55.5m	64m	72.5m	81m	89.5m	10.5m
Athlete	Date	Meet	Time	H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Finish
Courtney	04/27/10	Winnebago	Touchdown	2.86	4.00	5.17	6.33	7.50	8.70	9.91	11.11	12.31	13.54	14.78
			100H - PR	Rhythm Unit		1.14	1.17	1.16	1.17	1.20	1.21	1.20	1.20	1.23
Flipp	06/15/13	Rochelle	Touchdown	3.03	4.30	5.60	6.90	8.20	9.57	10.94	12.31	13.81	15.48	17.00
			0 Step drive inward. Too High at H1	Rhythm Unit		1.27	1.30	1.30	1.30	1.37	1.37	1.37	1.50	1.67
Flipp	06/29/13	DuPage	Touchdown	3.00	4.27	5.50	6.80	8.07	9.37	10.64	12.07	13.51	14.94	16.42
				Rhythm Unit		1.27	1.23	1.30	1.27	1.30	1.27	1.43	1.44	1.43
Flipp	07/26/13	Gummerson	Touchdown	2.96	4.17	5.40	6.60	7.87	9.10	10.41	11.67	13.01	14.38	15.74
			30"	Rhythm Unit		1.21	1.23	1.20	1.27	1.23	1.31	1.26	1.34	1.37
Payton	06/15/13	Rochelle	Touchdown	3.20	4.77	6.47	8.10	9.80	11.57	13.44	15.28	17.15	18.95	20.70
			Needs to tuck lead leg – 4 & 5 stepping	Rhythm Unit		1.57	1.70	1.63	1.70	1.77	1.87	1.84	1.87	1.80
Payton	06/29/13	DuPage	Touchdown	3.16	4.77	6.33	8.10	9.90	11.74	13.47	15.24	16.85	20.38	22.28
			Needs to tuck lead leg – Hit H9	Rhythm Unit		1.61	1.56	1.77	1.80	1.84	1.73	1.77	1.61	3.53
Spitz	06/15/13	Rochelle	Touchdown	3.40	4.97	6.53	8.10	9.70	11.37	13.04	14.68	16.34	18.04	19.70
			9 steps to H1 – too close on penultimate	Rhythm Unit		1.57	1.56	1.57	1.60	1.67	1.67	1.64	1.66	1.70
Spitz	06/23/13	USATF State	Touchdown	3.33	4.84	6.27	7.74	9.34	10.85	12.41	13.98	15.55	17.09	18.64
			Late start – 3 stepped to H4	Rhythm Unit		1.51	1.43	1.47	1.60	1.51	1.56	1.57	1.57	1.54
Spitz	06/29/13	DuPage	Touchdown	3.37	4.90	6.40	7.94	9.47	10.97	12.74	14.27	15.88	17.45	18.99
			3 stepped H6	Rhythm Unit		1.53	1.50	1.54	1.53	1.50	1.77	1.53	1.61	1.57
Spitz	07/20/13	FIRE	Touchdown	3.26	4.67	6.23	7.70	9.17	10.74	12.31	13.81	15.41	17.25	18.88
			3 stepped H2,H5,H8 – Hit H3 & H9	Rhythm Unit		1.41	1.56	1.47	1.47	1.57	1.57	1.50	1.60	1.84
Spitz	07/26/13	Gummerson	Touchdown	3.13	4.57	5.97	7.50	8.97	10.44	11.94	13.41	14.98	16.51	18.01
			3 stepped H2,H3 – 30"	Rhythm Unit		1.44	1.40	1.53	1.47	1.47	1.50	1.47	1.57	1.53
Crash	05/06/13	Big Northern	Touchdown	2.96	4.20	5.43	6.67	7.87	9.10	10.34	11.57	12.81	14.08	15.35
				Rhythm Unit		1.24	1.23	1.24	1.20	1.23	1.24	1.23	1.24	1.27
Crash	07/26/13	Gummerson	Touchdown	3.00	4.23	5.47	6.67	7.90	9.17	10.44	11.77	13.11	14.48	15.84
			30"	Rhythm Unit		1.23	1.24	1.20	1.23	1.27	1.27	1.33	1.34	1.37
100H	30" - 8.0m Spacing			13m	21m	29m	37m	45m	53m	61m	69m	77m	85m	15m
Hanna	06/23/13	USATF State	Touchdown	3.33	4.80	6.47	8.00	9.54	11.11	13.07	14.81	16.41	18.05	20.39
			3 stepped! 4 Stepped, 5 Stepped	Rhythm Unit		1.47	1.67	1.53	1.54	1.57	1.96	1.74	1.60	1.64
Hanna	06/29/13	DuPage	Touchdown	3.30	4.83	6.30	7.84	9.27	10.81	12.34	13.88	15.41	16.95	19.44
			4 Stepped Complete Race	Rhythm Unit		1.53	1.47	1.54	1.43	1.54	1.53	1.54	1.53	1.54
Hanna	07/20/13	FIRE	Touchdown	3.37	4.90	6.40	7.87	9.27	10.81	12.21	13.78	15.21	16.75	19.12
			4 Stepped Complete Race	Rhythm Unit		1.53	1.50	1.47	1.40	1.54	1.40	1.57	1.43	1.54

Little Foot	06/15/13	Rochelle	<i>Touchdown</i>	3.50	5.07	6.60	8.14	9.64	11.21	12.84	14.41	16.04	17.71	20.10
<i>11 steps to H1, 5 stepping</i>			<i>Rhythm Unit</i>		1.57	1.53	1.54	1.50	1.57	1.63	1.57	1.63	1.67	2.39
Little Foot	06/23/13	USATF State	<i>Touchdown</i>	3.37	4.87	6.40	7.90	9.40	10.81	12.34	13.84	15.34	16.81	19.09
<i>9 steps to H1 – 4 stepping!</i>			<i>Rhythm Unit</i>		1.50	1.53	1.50	1.50	1.41	1.53	1.50	1.50	1.47	2.28
Little Foot	07/20/13	FIRE	<i>Touchdown</i>	3.37	4.77	6.25	7.74	9.17	10.67	12.21	13.71	15.28	16.75	19.17
<i>9 steps to H1 – 4 stepping!</i>			<i>Rhythm Unit</i>		1.40	1.48	1.49	1.43	1.50	1.54	1.50	1.57	1.47	2.42
Boris	07/20/13	FIRE	<i>Touchdown</i>	3.40	4.87	6.37	7.97	9.54	11.04	12.61	14.11	15.64	17.15	19.58
<i>9 steps to H1 – 3 (H2, H3, H10) & 4 stepping!</i>			<i>Rhythm Unit</i>		1.47	1.50	1.60	1.57	1.50	1.57	1.50	1.53	1.51	2.43

Hurdle Central Track Club – Hurdle Touchdown Times – Last Update 07/01/13

200H									
30" Hurdles 20m-35m-40m				20m	55m	90m	125m	160m	40m
Athlete	Date	Meet	Time	H1	H2	H3	H4	H5	Finish
Hanna	06/29/13	DuPage	<i>Touchdown</i>	4.57	10.47	16.34	22.35	28.36	35.05
200H	1 st 200H		<i>Rhythm Unit</i>		5.90	5.87	6.01	6.01	6.69
Natasha	06/15/13	Rochelle	<i>Touchdown</i>	4.53	10.24	16.11	22.05	28.29	35.30
	1 st 200H		<i>Rhythm Unit</i>		5.71	5.87	5.94	6.24	7.01
Natasha	06/23/13	USATF State	<i>Touchdown</i>	4.67	10.44	16.24	22.15	28.39	34.98
	<i>Bounding to hurdles – too close</i>		<i>Rhythm Unit</i>		5.77	5.80	5.91	6.24	6.59
Little Foot	06/15/13	Rochelle	<i>Touchdown</i>	4.67	10.41	16.64	23.02	29.66	36.50
200H	1 st 200H		<i>Rhythm Unit</i>		5.74	6.23	6.38	6.64	6.84

Hurdle Central Track Club – Hurdle Touchdown Times – Last Update 07/01/13

400H		30" - 45m-35m-40m												
Athlete	Date	Meet	Time	H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Finish
Spitz	06/15/13	Rochelle	<i>Touchdown</i>	8.44	14.24	20.02	26.15	32.49	39.20	46.01	53.62	61.66	69.36	77.40
400H	1 st 400H		<i>Rhythm Unit</i>		5.80	5.78	6.13	6.34	6.71	6.81	7.61	8.04	7.70	8.04
Spitz	06/22/13	USATF State	<i>Touchdown</i>	8.20	13.44	19.01	24.89	30.99	37.53	44.61	51.85	59.29	67.10	74.83
400H			<i>Rhythm Unit</i>		5.24	5.57	5.88	6.10	6.54	7.08	7.24	7.44	7.81	7.73
Spitz	06/29/13	DuPage	<i>Touchdown</i>	8.10	13.61	19.41	25.52	31.93	38.67	45.64	53.02	60.69	68.43	76.14
400H			<i>Rhythm Unit</i>		5.51	5.80	6.11	6.41	6.74	6.97	7.38	7.67	7.74	7.71



Updated
03/25/13

Athlete	Date	Meet	Time	H1	H2	H3	H4	H5	Finish
Courtney	03/20/09	NDC	<i>Touchdown</i>	3.00	4.27	5.53	6.84	8.14	9.08
	<i>Final</i>	<i>1st race back</i>	<i>Rhythm Unit</i>		1.27	1.26	1.31	1.30	0.94
Courtney	03/27/09	IPTT	<i>Touchdown</i>	2.86	4.13	5.33	6.57	7.80	8.78
<i>55H</i>	<i>Final</i>		<i>Rhythm Unit</i>		1.27	1.20	1.24	1.23	0.98
Courtney	03/26/10	IPTT	<i>Touchdown</i>	2.86	4.10	5.30	6.50	7.70	8.60
<i>55H – PR</i>	<i>Final</i>		<i>Rhythm Unit</i>		1.24	1.20	1.20	1.20	0.90
Courtney	04/29/10	Winnebago	<i>Touchdown</i>	2.86	4.00	5.17	6.33	7.50	
100H	<i>Final</i>		<i>Rhythm Unit</i>		1.14	1.17	1.16	1.17	

Athlete	Date	Meet	Time	H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Finish
Courtney	04/27/10	Winnebago	<i>Touchdown</i>	2.86	4.00	5.17	6.33	7.50	8.70	9.91	11.11	12.31	13.54	14.78
<i>100H - PR</i>			<i>Rhythm Unit</i>		1.14	1.17	1.16	1.17	1.20	1.21	1.20	1.20	1.23	1.24
Courtney	05/20/10	State	<i>Touchdown</i>	2.87	4.07	5.27	6.44	7.60	8.80	10.01	11.28	12.48	13.71	14.99
		<i>Problem H8</i>	<i>Rhythm Unit</i>		1.20	1.20	1.17	1.16	1.20	1.21	1.27	1.20	1.23	1.28
Alexa Allen	05/20/10	State	<i>Touchdown</i>	2.84	3.97	5.14	6.27	7.44	8.60	9.77	10.94	12.15	13.35	14.61
			<i>Rhythm Unit</i>		1.13	1.17	1.13	1.17	1.16	1.17	1.17	1.21	1.20	1.26
Paige Knoodle	05/20/10	State	<i>Touchdown</i>	2.87	4.00	5.14	6.27	7.44	8.60	9.74	11.01	12.28	13.58	14.87
		<i>Hit H8</i>	<i>Rhythm Unit</i>		1.13	1.14	1.13	1.17	1.16	1.14	1.27	1.27	1.30	1.29

Athlete	Date	Meet	Time	H1	H2	H3	H4	H5	H6	H7	H8	H9	H10	Finish
Audrey	05/19/11	State	<i>Touchdown</i>	2.96	4.20	5.47	6.70	7.97	9.20	10.51	11.84	13.14	14.53	15.97
	<i>Prelim</i>		<i>Rhythm Unit</i>		1.24	1.27	1.23	1.27	1.23	1.31	1.33	1.30	1.39	1.44
Audrey	05/04/12	BDN	<i>Touchdown</i>	2.97	4.20	5.43	6.67	7.90	9.20	10.51	11.81	13.14	14.48	15.84
	<i>Final</i>		<i>Rhythm Unit</i>		1.23	1.23	1.24	1.23	1.30	1.31	1.30	1.33	1.34	1.36
Audrey	05/06/13	BNC Conf	<i>Touchdown</i>	2.96	4.20	5.43	6.67	7.87	9.10	10.34	11.57	12.84	14.08	15.35
100H - PR	<i>Final</i>		<i>Rhythm Unit</i>		1.24	1.23	1.24	1.20	1.23	1.24	1.23	1.27	1.24	1.27

Athlete	Date	Meet	Time	H1	H2	H3	H4	H5	Finish
Audrey	03/16/13	NDC	<i>Touchdown</i>	2.96	4.23	5.47	6.70	7.97	8.94
<i>55H – PR</i>	<i>Final</i>		<i>Rhythm Unit</i>		1.27	1.24	1.23	1.27	0.97
Audrey	03/23/13	IPTT	<i>Touchdown</i>	3.00	4.27	5.50	6.77	8.04	9.67
<i>60H</i>	<i>Final</i>		<i>Rhythm Unit</i>		1.27	1.23	1.27	1.27	1.63