



## USE 300M HURDLE MARKS TO RUN THE 400M HURDLES

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Call the Start/Finish Line for the 400 Meters the “0” mark. Therefore, the 300 Meter Hurdle race actually starts at the “100 Meter” mark around the 1st turn.

In order to utilize the hurdle marks that the 300 Meter race uses, just back up your Start/Finish line 5 meters, and then measure the proper spacing to add 3 hurdles around the 1st turn (Don’t put a hurdle on the last hurdle mark of the 300 Meter race.)

Check out the table below: (Everything is in metric)

Notice that in the 400 Meter race, Hurdles 4 through 10 exactly line up on the same marks as Hurdles 1 through 7 in the 300 Meter race!

Distance	Starting Line	Hurdle Mark Number										Finish Line
		1	2	3	4	5	6	7	8	9	10	
300	100	145	180	215	250	285	320	355	390	N/A	N/A	0
400	395	40	75	110	145	180	215	250	285	320	355	395