

Racing Distances

Distance of Race	Height of Hurdle	Distance to First Hurdle	Distance Between	Last Hurdle to Finish
55m Hurdles Men	42 in. 1.067m	13.72m 15 yds.	9.14m 10 yds.	4.72m 15' 6"
55m Hurdles Women	33 in. 0.84m	13m 42' 8"	8.5m 27' 11"	8m 26' 3"
60m Hurdles Men	42 in. 1.067m	13.72m 15 yds.	9.14m 10 yds.	9.72m 31' 11"
60m Hurdles Women	33 in. 0.84m	13m 42' 8"	8.5m 27' 11"	13m 42' 8"
110m Hurdles Men	42 in. 1.067m	13.72m 15 yds.	9.14m 10 yds.	14.02m 46'
100m Hurdles Women	33 in. 0.84m	13m 42' 8"	8.5m 27' 11"	10.5m 34' 6"
300m Hurdles Men	36 in. 0.914m	45m 147' 9"	35m 114' 9"	10m 32' 10"
300m Hurdles Women	30 in. 0.762m	45m 147' 9"	35m 114' 9"	10m 32' 10"
400m Hurdles Men	36 in. 0.914m	45m 147' 9"	35m 114' 9"	40m 131' 3"
400m Hurdles Women	30 in. 0.762m	45m 147' 9"	35m 114' 9"	40m 131' 3"