

# Racing Distances

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