

## Girl's Hurdle Reference Chart

	Girl's 55m H	Girl's 100m H	Girl's 300m H
<b>Hurdle Height</b>	33 inches	33 inches	30 inches
<b>Number of Hurdles</b>	5	10	8
<b>Distance to 1st Hurdle</b>	13 meters	13 meters	45 meters
<b>Distance between Hurdles</b>	8.5 meters	8.5 meters	35 meters
<b>Distance from last Hurdle to finish</b>	8 meters	10.5 meters	10 meters
<b>Strides to 1st Hurdle</b>	8-9	8-9	22-24
<b>Strides between Hurdles</b>	3	3	15-18
<b>Strides from last Hurdle to finish</b>		5	5
<b>Total Strides</b>		50-51	140-205
<b>Flat Time vs. Hurdle Time</b>		+ 2.0 - 2.5 sec.	+ 2.5 - 4.0 sec.
<b>Takeoff Distance to Hurdle</b>	5'3" - 6'4"	5'3" - 6'4"	5' - 6'

## Boy's Hurdle Reference Chart

	Boy's 55m H	Boy's 110m H	Boy's 300m H
<b>Hurdle Height</b>	39 inches	39 inches	36 inches
<b>Number of Hurdles</b>	5	10	8
<b>Distance to 1st Hurdle</b>	15 yards	15 yards	45 meters
<b>Distance between Hurdles</b>	10 yards	10 yards	35 meters
<b>Distance from last Hurdle to finish</b>	15'6"	46' (14.02m)	10 meters
<b>Strides to 1st Hurdle</b>	8-9	8-9	21-23
<b>Strides between Hurdles</b>	3	3	14-17
<b>Strides from last Hurdle to finish</b>		6	5
<b>Total Strides</b>		51-52	140-195
<b>Flat Time vs. Hurdle Time</b>		+ 2.0 - 2.5 sec.	+ 2.0 - 3.5 sec.
<b>Takeoff Distance to Hurdle</b>	6'6" - 7'6"	6'6" - 7'6"	6'6" - 7'6"