

Girl's Hurdle Reference Chart

	Girl's 55m H	Girl's 100m H	Girl's 300m H
Hurdle Height	33 inches	33 inches	30 inches
Number of Hurdles	5	10	8
Distance to 1st Hurdle	13 meters	13 meters	45 meters
Distance between Hurdles	8.5 meters	8.5 meters	35 meters
Distance from last Hurdle to finish	8 meters	10.5 meters	10 meters
Strides to 1st Hurdle	8-9	8-9	22-24
Strides between Hurdles	3	3	15-18
Strides from last Hurdle to finish		5	5
Total Strides		50-51	140-205
Flat Time vs. Hurdle Time		+ 2.0 - 2.5 sec.	+ 2.5 - 4.0 sec.
Takeoff Distance to Hurdle	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
Hurdle Height	39 inches	39 inches	36 inches
Number of Hurdles	5	10	8
Distance to 1st Hurdle	15 yards	15 yards	45 meters
Distance between Hurdles	10 yards	10 yards	35 meters
Distance from last Hurdle to finish	15'6"	46' (14.02m)	10 meters
Strides to 1st Hurdle	8-9	8-9	21-23
Strides between Hurdles	3	3	14-17
Strides from last Hurdle to finish		6	5
Total Strides		51-52	140-195
Flat Time vs. Hurdle Time		+ 2.0 - 2.5 sec.	+ 2.0 - 3.5 sec.
Takeoff Distance to Hurdle	6'6" - 7'6"	6'6" - 7'6"	6'6" - 7'6"