

HURDLE SPACING

RACE METERS	AGE/DIVISION	NO OF HURDLES IN RACE	HURDLE HEIGHT	DISTANCE TO FIRST HURDLE	DISTANCE BETWEEN HURDLES	DISTANCE TO FINISH
50	Open Women	4	33" (0.840 m)	13.00 m	8.50 m	11.50 m
50	Open Men	4	42" (1.067 m)	13.72 m	9.14 m	8.86 m
55	Open Women	5	33" (0.840 m)	13.00 m	8.50 m	8.00 m
55	High School Boys	5	39" (0.990 m)	13.72 m	9.14 m	4.72 m
55	Open Men	5	42" (1.067 m)	13.72 m	9.14 m	4.72 m
60	Masters Women W60+ / Masters Men M80+	5	27" (0.659 m)	12.00 m	7.00 m	20.00 m
60	Masters Women W50-W55 / Masters Men M70-M75	5	30" (0.762 m)	12.00 m	7.00 m	20.00 m
60	Masters Women W40-45	5	30" (0.762 m)	12.00 m	8.00 m	16.00 m
60	Women / Masters Women W30-W35 / Masters Men M60-M65	5	33" (0.840 m)	13.00 m	8.50 m	13.00 m
60	Masters Men M50-M55	5	36" (0.914 m)	13.00 m	8.50 m	13.00 m
60	Masters Men M30-M45	5	39" (0.990 m)	13.72 m	9.14 m	9.72 m
60	Open Men	5	42" (1.067 m)	13.72 m	9.14 m	9.72 m
75	High School Girls	7	30" (0.762 m)	13.00 m	8.50 m	11.00 m
80	Masters Women 60+ / Masters Men 80+	8	27" (0.659 m)	12.00 m	7.00 m	19.00 m
80	Midget Girls & Boys	8	30" (0.762 m)	12.00 m	7.50 m	15.50 m
80	Masters Women W50-W59 / Masters Men M70-M75	8	30" (0.762 m)	12.00 m	7.00 m	19.00 m
80	Masters Women W40-W45	8	30" (0.762 m)	12.00 m	8.00 m	12.00 m
100	Youth Girls	10	30" (0.762 m)	13.00 m	8.00 m	15.00 m
100	IAAF:Youth Girls	10	30" (0.762 m)	13.00 m	8.50 m	10.50 m
100	Intermediate Girls / Young Women / Open Women / Youth Boys / Junior Women / Masters Women W30-W35 / Masters Men M60-M65 / High School Girls / IAAF:Junior Women / IAAF:Women /	10	33" (0.840 m)	13.00 m	8.50 m	10.50 m
100	Experimental Open Women USATF / Masters Men M50-M55	10	36" (0.914 m)	13.00 m	8.50 m	10.50 m
110	IAAF:Youth Boys	10	36" (0.914 m)	13.72 m	9.14 m	14.02 m
110	Intermediate Boys / Young Men / High School Boys / Junior Men / Masters Men M30-M45 / IAAF:Junior Men	10	39" (0.990 m)	13.72 m	9.14 m	14.02 m
110	Open Men / IAAF:Men	10	42" (1.067 m)	13.72 m	9.14 m	14.02 m
200	Youth Boys & Youth Girls	5	30" (0.762 m)	20.00 m	35.00 m	40.00 m
300	Masters Women 60+ / Masters Men 70+	7	27" (0.659 m)	50.00 m	35.00 m	40.00 m
300	Masters Women W50-W59 / Masters Men M60-M69	7	30" (0.762 m)	50.00 m	35.00 m	40.00 m
300	High School Girls	8	30" (0.762 m)	45.00 m	35.00 m	10.00 m
300	High School Boys	8	36" (0.914 m)	45.00 m	35.00 m	10.00 m
400	Intermediate Girls / Young Women / High School Girls / Junior Women / Open Women / Masters Women W30-W49 / IAAF:Youth Girls/ IAAF:Junior Women / IAAF:Women	10	30" (0.762 m)	45.00 m	35.00 m	40.00 m
400	Masters Men M50-M59 / IAAF:Youth Boys	10	33" (0.840 m)	45.00 m	35.00 m	40.00 m
400	Intermediate Boys / Young Men / High School Boys / Open Men / Masters Men M30-M49 / IAAF:Junior Men/ IAAF:Men	10	36" (0.914 m)	45.00 m	35.00 m	40.00 m
1500 SC	Open Women	13 + 3 water	30" (0.762 m)	5 jumps/lap after finish line has been passed for the first time		
1500 SC	Open Men	13 + 3 water	36" (0.914 m)			
2000 SC	Intermediate Women / Young Women / Junior Women / Open Women / Masters Women W30+ / Masters Men M60+	18 + 5 water	30" (0.762 m)			
2000 SC	Intermediate Men / Young Men / Masters Men M30-59	18 + 5 water	36" (0.914 m)			
3000 SC	Open Women	28 + 7 water	30" (0.762 m)			
3000 SC	Junior Men / Open Men	28 + 7 water	36" (0.914 m)			