

## HURDLES SETUP ON THE CIRCULAR TRACK

HURDLE SPECIFICATIONS – CIRCULAR TRACK (2019/20)						
<u>Age Groups</u>	Distance	Run in	Separation	Run out	Flights	Height
Under 13	200m	20m	35m	40m	5	68cm
Under 14	200m	20m	35m	40m	5	76cm
Under 15 - 17	300m	50m	35m	40m	7	76cm

### NOTES

- 1) The position of the hurdles is marked by lines, usually in a subset of lanes (given limited participation in these events).  
[Run-in/Separation/Run-out details in the table are for information only.]
- 2) The last 5 hurdle positions are common for all 3 events. The 300m Hurdle event employs an extra 2 hurdles at the start of the race.
- 3) The start position of the 200m Hurdles is the same as the start position of the 200m sprint.
- 4) The start position of the 300m Hurdles is the same as the 300m/700m/1500m pack race, though stagger starting positions are used.