

STGLAC - CIRCULAR TRACK HURDLE SPECIFICATIONS

	AGE	HEIGHT
	16 17	76 _{cm}
DISTANCE (m)	400 _m	
Nbr of Flights	10	
Separation (m)	35	
	AGE	HEIGHT
	14 15	76 _{cm}
	300 _m	
	7	
	35	
	AGE	HEIGHT
	13	76 _{cm}
	200 _m	
	5	
	35	

Source: LANSW Rules of Competition (2024/25).

The 400m Hurdles was introduced in the 2024/25 season.

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		AGE	HEIGHT
		16 17	76_{cm}
DISTANCE (m)		400_m	
Nbr of Flights		10	
	Hurdle #	Fr Start	Fr Finish
	start	45	355
	2	80	320
	3	115	285
	4	150	250
	5	185	215
	6	220	180
	7	255	145
	8	290	110
	9	325	75
	10	360	40
	finish	400	
Separation (m)		35	

		AGE	HEIGHT
		14 15	76_{cm}
		300_m	
		7	
	Hurdle #	Fr Start	Fr Finish
	1	50	250
	2	85	215
	3	120	180
	4	155	145
	5	190	110
	6	225	75
	7	260	40
		300	
		35	

		AGE	HEIGHT
		13	76_{cm}
		200_m	
		5	
	Hurdle #	Fr Start	Fr Finish
	1	20	180
	2	55	145
	3	90	110
	4	125	75
	5	160	40
		200	
		35	

Source: LANSW Rules of Competition (2024/25).
The 400m Hurdles was introduced in the 2024/25 season.