

HURDLES

Start (tape=100m)	
87.0	96.28
78.5	87.14
77.0	78.00
70.0	
69.0	
68.0	68.86
61.5	
61.0	
61.0	59.72
54.0	
53.0	
53.0	
48.0	50.58
47.0	
45.0	
44.5	
41.0	41.44
40.0	
37.0	
36.0	
34.0	
33.0	32.30
29.0	
27.5	
27.0	
26.0	
21.0	23.16
20.0	
19.0	
19.0	
13.0	14.02
13.0	
12.0	
10.5	

Finish (tape=0m)

		Distance: tape =0m on 100m start line)				
300	200	110	100	90	80	60
		13.72	13			
		22.86	21.5	23	32	
		32.00	30	31	39	
50		41.14	38.5	39	46	
85		50.28	47	47	53	52
120	20	59.42	55.5	55	60	59
155	55	68.56	64	63	67	66
190	90	77.70	72.5	71	74	73
225	125	86.84	81	79	81	80
260	160	95.98	89.5	87	88	87

u6 u7	mini	60m
u8 u9	45cm	60m
u10	60cm	60m
u11	60cm	80m
u12	68cm	80m
u13 u14G	76cm	80m
14B 15-16G	76cm	90m
15-16B 17G	76cm	100m
17B	76cm	110m
13 B&G	68cm	200m
14 B&G	76cm	200m
15-17 B&G	68cm	300m

Notes:

1. Note the 3 different hurdle heights for 80m- need to run events in age order
2. Call u12B from HJ if necessary. Do not move to 90m until all 80m is complete
3. 200m and 300m will be set up in lanes 1-3, finish on back straight (anticlockwise)
4. 200m and 300m finish on back straight (anticlockwise)