

Hurdle Placement and Height Comparison – Outdoor Meets

Organization/Age Group	Distance	Number	Height	To 1st	Between	Last to Finish	Standard color
MEN							Order
Junior High	110	10	33"	13.72 m	9.14 m	14.02 m	BLUE
High School	110	10	39"	13.72 m	9.14 m	14.02 m	BLUE
NCAA, USATF	110	10	42"	13.72 m	9.14 m	14.02 m	BLUE
Junior High	200	5	30"	50 m	35 m	10 m	
High School	300	8	36"	45 m	35 m	10 m	
NCAA, USATF	400	10	36"	45 m	35 m	40 m	
NCAA, USATF	3000 SC	28 (7 wa	ter) 36"	5 jumps/lap after fir	n. line passed 1st	rime; water jump 4th	BLACK
Boys 11-12	80	8	30"	12 m	7.5 m	15.5 m	#8
Boys 13-14	100	10	33"	13 m	8.5 m	10.5 m	YELLOW #5
Boys 15-16/Men 17-18	110	10	39"	13.72 m	9.14 m	14.02 m	BLUE #1,2
Boys 13-14	200	5	30"	20 m	35 m	40 m	
Boys 15-16/Men 17-18	400	10	36"	45 m	35 m	40 m	
Boys 15-16/Men 17-18	2000 SC	18 (5 wa	18 (5 water) 36" 5 jumps/lap after fin. line passed 1st time; water jump 4th			BLACK	
MASTERS MEN							
30-49	110	10	39"	13.72 m	9.14 m	14.02 m	
50-59	100	10	36"	13 m	8.5 m	10.5 m	
60-69	100	10	33"	12 m	8 m	16 m	
70-79	80	8	30"	12 m	7 m	19 m	
80+	80	8	27"	12 m	7 m	19 m	
30-49	400	10	36"	45 m	35 m	40 m	
50-59	400	10	33"	45 m	35 m	40 m	
60-79	300	7	30"	50 m	35 m	40 m (same 1	ocations as 400)
80+	200	5	27"	20 m	35 m	40 m (same 1	ocations as 400)
30-59	3000 SC	28 (7 wa	ter) 36"	5 jumps/lap after fir	n. line passed 1st	time; water jump 4th	BLACK
60+	2000 SC	18 (5 was	ter) 30"	5 jumps/lap after fir	n. line passed 1st t	time; water jump 4 th	BLACK

Organization/Age Group Distance Number Height To 1st Between Last to Finish Standard Color **WOMEN Order** Junior High 100 10 30" 13 m 8.5 m 10.5 m 33" High School 100 10 13 m 8.5 m 10.5 m 10 33" NCAA, USATF 100 13 m 8.5 m 10.5 m Junior High 200 5 30" 50 m 35 m 10 m 8 30" High School 300 45 m 35 m 10 m 30" NCAA, USATF 400 10 45 m 35 m 40 m 28 (7 water) 30" NCAA, USATF 3000 SC 5 jumps/lap after fin. line passed 1st time; water jump 4th BLACK Girls 11-12 80 30" 7.5 m 15.5 m #7 8 12 m Girls 13-14 100 10 30" 13 m 8 m 15 m red tape #6 33" Girls 15-16/Women 17-18 10 13 m 8.5 m 10.5 m **YELLOW #3,4** 100 200 5 30" 20 m 35 m 40 m Girls 13-14 Girls 15-16/Women 17-18 400 10 30" 45 m 35 m 40 m Girls 15-16/Women 17-18 2000 SC 18 (5 water) 30" 5 jumps/lap after fin. line passed 1st time; water jump 4th BLACK **MASTERS WOMEN** 10 33" 30-39 100 13 m 8.5 m 10.5 m 30" 40-49 80 8 12 m 8 m 12 m 50-59 80 8 30" 12 m 7 m 19 m 60+ 80 8 27" 12 m 19 m 7 m 10 30" 30-49 400 45 m 35 m 30" 50-59 50 m 300 7 35 m 40 m (same locations as 400) 60-69 300 7 27" 50 m 35 m 40 m (same locations as 400) 27" 40 m (same locations as 400) 70 +200 5 20 m 35 m 2000 SC 18 (5 water) 30" All ages 5 jumps/lap after fin. line passed 1st time; water jump 4th BLACK [from USATF Best Practices]

Hurdle Placement and Height Comparison – Indoor Meets

Organization/Age Group	Distance	Number	Height	To 1st	Between	Last to Finish
MEN			_			
USATF	50	4	42"	13.72 m	9.14 m	8.86 m
High School	55	5	39"	13.72 m	9.14 m	4.72 m
NCAA, USATF	55	5	42"	13.72 m	9.14 m	4.72 m
NCAA, USATF	60	5	42"	13.72 m	9.14 m	9.72 m
BOYS YOUTH USATF						
Boys 11-12	50	4	30"	12 m	7.5 m	15.5 m
Boys 11-12	55	5	30"	12 m	7.5 m	13.0 m
Boys 11-12	60	5	30"	12 m	7.5 m	18.0 m
Boys 13-14			33"			
Boys 15-16/Men 17-18			39"			
MASTERS MEN						
30-49	60	5	39"	13.72 m	9.14 m	9.72 m
50-59	60	5	36"	13.00 m	8.50 m	13.00 m
60-69	60	5	33"	12.00 m	8.00 m	16.00 m
<mark>70-79</mark>	60	5	30"	12.00 m	7.00 m	20.00 m
80+	60	5	27"	12.00 m	7.00 m	20.00 m

Hurdle Placement and Height Comparison – Indoor Meets

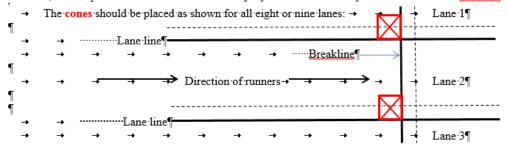
Organization/Age Group	Distance	Number	Height	To 1 st	Between	Last to Finish	
WOMEN			-				
USATF	50	4	33"	13 m	8.5 m	11.5 m	
High School	55	5	33"	13 m	8.5 m	8 m	
NCAA, USATF	55	5	33"	13 m	8.5 m	8 m	
NCAA, USATF	60	5	33"	13 m	8.5 m	13 m	
GIRLS YOUTH USATF							
Girls 11-12	50	4	30"	12 m	7.5 m	15.5 m	
Girls 11-12	55	5	30"	12 m	7.5 m	13.0 m	
Girls 11-12	60	5	30"	12 m	7.5 m	18.0 m	
Girls 13-14			30"				
Girls 15-16/Women 17-1	8		33"				
MASTERS WOMEN							
30-39	60	5	33"	13 m	8.5 m	13 m	
40-49	60	5	30"	12 m	8 m	16 m	
50-59	60	5	30"	12 m	7 m	20 m	
<mark>60+</mark>	60	5	27"	12 m	7 m	20 m	

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MASTERS MEN							
30-49	60	5	39"	13.72 m	9.14 m	9.72 m	
50-59	60	5	36"	13.00 m	8.50 m	13.00 m	
60-69	60	5	33"	12.00 m	8.00 m	16.00 m	
70-79	60	5	30"	12.00 m	7.00 m	20.00 m	
80+	60	5	27"	12.00 m	7.00 m	20.00 m	
MASTERS WOMEN							
30-39	60	5	33"	13 m	8.5 m	13 m	
40-49	60	5	30"	12 m	8 m	16 m	
50-59	60	5	30"	12 m	7 m	20 m	
60+	60	5	27"	12 m	7 m	20 m	

Placements of Cones at the Breakline and for Alley Starts

Breakline or cut-in-points (used at end of the first turn in the 800-m run; and only the second runner in the 4x400-m relay). Small orange or red cones are placed such that if the athlete hits the cone, he/she has crossed the line before the breakline or into the lane to the left and violated the rules. —Rule 160.8(c): ".... Small markers, such as cones or prisms 5cm x-5cm and no more than 15cm high, preferably of a different color from the breakline and lane lines, shall be placed on the lane lines immediately before the intersection of the lane lines and the breakline."



Alley Start (generally for 1,500-m and longer runs with a large number of competitors) - Cones are placed on the Lane 4/5 line (so that the runners starting in the outside lanes don't hit the cone) from the start to the breakline at the end of the first turn. - Rule-162.18: "In-races that do not start in lanes, competitors may be divided into two groups with one group of approximately 65 percent of the competitors on the regular arced starting line and the other group on a separate arced starting line marked across the outer half of the track. The outer group shall run as far as the end of the first turn on the outer half of the track." - Rule 160.9: "The separate arced starting line referred to in Rule-162.18 shall be marked in such a way that all of the competitors shall run the same distance. Also, an arced breakline shall be marked at the beginning of the following straight to indicate to the athletes of the outer group where they are permitted to join the competitors using the regular starting line. Small markers, as in Rule-160.8(c), shall be placed at intervals not exceeding 4m along the inside lane boundary of the outer group from their start to the break line."

Placements of Hurdles Relative to Track Markings

Hurdle Placement :- Rule 168.9: "The hurdles shall be so placed on the track that the feet of the hurdles shall be on the side of the approach by the competitor. The hurdle shall be so placed that the edge of the bar nearest the approaching hurdler coincides with the track marking nearest the approaching hurdler."

