

## Hurdle Specifications

### Sprint Hurdles – Season 2025-2026

Age Group	Maximum Distance	Maximum Flights	Maximum Height of Hurdles	Distance to 1st Hurdle	Distance between Hurdles	Distance to Finish
U6	60m	N/A	*23cm	N/A	N/A	N/A
U7	60m	N/A	*30cm	N/A	N/A	N/A
U8	60m	N/A	45cm	N/A	N/A	N/A
U9	60m	6	45cm	12m	7m	13m
U10	60m	6	60cm	12m	7m	13m
U11	80m	9	60cm	12m	7m	12m
U12	80m	9	68cm	12m	7m	12m
U13	80m	9	76cm	12m	7m	12m
U14 Girls	80m	9	76cm	12m	7m	12m
U14 Boys	90m	9	76cm	13m	8m	13m
U15 Girls	90m	9	76cm	13m	8m	13m
U15 Boys	100m	10	76cm	13m	8.5m	10.5m
U16 Girls	90m	9	76cm	13m	8m	13m
U16 Boys	100m	10	76cm	13m	8.5m	10.5m
U17 Girls	100m	10	76cm	13m	8.5m	10.5m
U17 Boys	110m	10	76cm	13.72m	9.14m	14.02m

Mini hurdles are recommended for U6 & U7 age groups. It is recommended to use either 2 or 3 flights at either 20mts or 15mts spacings.

### Long Hurdles – Season 2025-2026

#### Boys & Girls

Age Group	Maximum Distance	Maximum Flights	Maximum Height of Hurdles	Distance to 1st Hurdle	Distance between Hurdles	Distance to Finish
U13	200m	5	68cm	20m	35m	40m
U14	200m	5	76cm	20m	35m	40m
U15	300m	7	76cm	50m	35m	40m
U16	300m	7	76cm	50m	35m	40m
U17	300m	7	76cm	50m	35m	40m