

Technical Specifications



Sprint Hurdle Specifications for Little Athletics Competitions – Season 2026 - 2027

GIRLS	Year of Birth	Maximum Distance	Maximum Flights	Maximum Height	Distance to First Hurdle	Distance between Hurdles	Distance to Finish
U6	2021	60m	N/A	*23cm	N/A	N/A	N/A
U7	2020	60m	N/A	*30cm	N/A	N/A	N/A
U8	2019	60m	N/A	45cm	N/A	N/A	N/A
U9	2018	60m	6	45cm	12.00m	7.00m	13.00m
U10	2017	60m	6	60cm	12.00m	7.00m	13.00m
U11	2016	80m	9	60cm	12.00m	7.00m	12.00m
U12	2015	80m	9	68cm	12.00m	7.00m	12.00m
U13	2014	80m	9	76cm	12.00m	7.00m	12.00m
U14	2013	80m	9	76cm	12.00m	7.00m	12.00m
U15	2012	90m	9	76cm	13.00m	8.00m	13.00m
U16	2011	90m	9	76cm	13.00m	8.00m	13.00m
U17	2010	100m	10	76cm	13.00m	8.50m	10.50m

BOYS	Year of Birth	Maximum Distance	Maximum Flights	Maximum Height	Distance to First Hurdle	Distance between Hurdles	Distance to Finish
U6	2021	60m	N/A	*23cm	N/A	N/A	N/A
U7	2020	60m	N/A	*30cm	N/A	N/A	N/A
U8	2019	60m	N/A	45cm	N/A	N/A	N/A
U9	2018	60m	6	45cm	12.00m	7.00m	13.00m
U10	2017	60m	6	60cm	12.00m	7.00m	13.00m
U11	2016	80m	9	60cm	12.00m	7.00m	12.00m
U12	2015	80m	9	68cm	12.00m	7.00m	12.00m
U13	2014	80m	9	76cm	12.00m	7.00m	12.00m
U14	2013	90m	9	76cm	13.00m	8.00m	13.00m
U15	2012	100m	10	76cm	13.00m	8.50m	10.50m
U16	2011	100m	10	76cm	13.00m	8.50m	10.50m
U17	2010	110m	10	76cm	13.72m	9.14m	14.02m

Note: *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.



Technical Specifications

Long Hurdle Specifications for Little Athletics Competitions – Season 2026 - 2027

GIRLS	Year of Birth	Maximum Distance	Maximum Flights	Maximum Height	Distance to First Hurdle	Distance between Hurdles	Distance to Finish
U13	2014	200m	5	68cm	20.00m	35.00m	40.00m
U14	2013	200m	5	76cm	20.00m	35.00m	40.00m
U15	2012	300m	7	76cm	50.00m	35.00m	40.00m
U16	2011	300m	7	76cm	50.00m	35.00m	40.00m
U17	2010	300m	7	76cm	50.00m	35.00m	40.00m

BOYS	Year of Birth	Maximum Distance	Maximum Flights	Maximum Height	Distance to First Hurdle	Distance between Hurdles	Distance to Finish
U13	2014	200m	5	68cm	20.00m	35.00m	40.00m
U14	2013	200m	5	76cm	20.00m	35.00m	40.00m
U15	2012	300m	7	76cm	50.00m	35.00m	40.00m
U16	2011	300m	7	76cm	50.00m	35.00m	40.00m
U17	2010	300m	7	76cm	50.00m	35.00m	40.00m