

# HURDLES

## Who runs what distance?

U8, U9, U10,  
U11, U12, U13, U14G  
U14B, U15G  
U15B, U17G  
U17B  
U13, U14  
U15, U17

60<sub>M</sub> HURDLES  
80<sub>M</sub> HURDLES  
90<sub>M</sub> HURDLES  
100<sub>M</sub> HURDLES  
110<sub>M</sub> HURDLES  
200<sub>M</sub> HURDLES (CIRCULAR TRACK)  
300<sub>M</sub> HURDLES (CIRCULAR TRACK)

## What is the basic technique?

Hurdling is basically an extension of running. The first leg over the hurdle is called the 'lead leg' and the second leg over is called the 'trail leg'.

- Lead leg - straight up (bent knee raised to chest), straight out (extend the leg over the hurdle), straight down over the hurdle (plant the foot on the other side of the hurdle)
- Trail leg - lift the leg to the side with heel to bottom. Pull the knee around and through to the chest, and then foot plant in the direction the athlete is running. (Some coaches like to tell their athletes to pop the balloon for this part of the action).

## When can an athlete be disqualified in hurdles?

- If in the opinion of the referee, an athlete deliberately knocks down a hurdle by hand or foot.
- If an athlete interferes or impedes another athlete's performance.
- If an athlete goes under or around a hurdle.
- If an athlete trails their foot around the side of a hurdle.
- If an athlete jumps a hurdle not in their own lane.

## What are some safety considerations?

Make sure ALL hurdles are facing the right direction. Hurdles have stripes or markings on one side. These stripes or markings always need to face the athlete regardless of what direction the legs of the hurdles are pointed. Never allow athletes to jump hurdles from the wrong direction. This is most likely to occur after athletes have been permitted a practice jump prior to their event.



## HANDY TIPS & TRICKS

- When conducting hurdles on the one day/night, have higher hurdle events first, then lower hurdle events. Alternatively, conduct 60m hurdles one week, and the others the following week.
- Conduct hurdle events on the back straight to allow track events to continue on the front straight, or vice versa.