



Hurdle Distances

Detailed below are the new hurdle distances which will align us with UKA rules.

Girls Hurdle Races

Age Groups	Gender	Distance	Total No. of Hurdles	Track Marker colour	Distance to 1st. Hurdle	Distance Between Hurdles	Distance from last hurdle to finish line	Hurdle Height	Topple Weight
C	Girls	70m	8	Pink	11.0m	7.0m	10.0m	68.50 cm	2.7 Kg
D	Girls	75m	8	Orange	11.5m	7.5m	11.0m	68.50 cm	2.7 Kg
E	Girls	80m	8	Black	12.0m	8.0m	12.0m	76.20 cm	2.7 Kg
F	Girls	100m	10	Yellow	13.0m	8.5m	10.5m	76.20 cm	2.7Kg

Boys Hurdle Races

Age Groups	Gender	Distance	Total No. of Hurdles	Track Marker colour	Distance to 1st. Hurdle	Distance Between Hurdles	Distance from last hurdle to finish line	Hurdle Height	Topple Weight
C	Boys	75m	8	Orange	11.5m	7.5m	11m	68.50 cm	2.7 Kg
D	Boys	80m	8	Black	12.0m	8.0m	12.0m	68.50 cm	2.7 Kg
E	Boys	100m	10	Yellow	13.0m	8.5m	10.5m	76.20 cm	2.7 Kg
F	Boys	100m	10	Yellow	13.0m	8.5m	10.5m	76.20 cm	2.7Kg



300m Race Distance for Girls C & D Age Groups

UKA rules stipulate that the maximum distance which a girl under the age of 16 should compete in a sprint event is 300m.

Therefore, for the Girls group C & D, we will now run a 300m sprint race. Girls in these two age groups will **NO LONGER** be allowed to enter any 400m events.

400m events will continue to be held for the Girls group E,F and V.