

Indoor Hurdles

MALE



Sprint Hurdles	Age Group	Event	Hurdle Height	Number of Hurdles Per Race	Colour Marking on the Track	Distance to First Hurdle	Distance Between Hurdles	Distance from Last Hurdle to Finish Line	Weight for Hurdles
Indoors Male	Senior Men	60mH	106.7cm	5	Blue	13.72m	9.14m	9.72m	3.6kg
	U20 Men	60mH	99.1cm	5	Blue	13.72m	9.14m	9.72m	3.6kg
	U18 Men	60mH	91.4cm	5	Blue	13.72m	9.14m	9.72m	3.6kg
	U16 Boys	60mH	84.0cm	5	Yellow	13m	8.5m	13m	2.7kg
	U14 Boys	60mH	76.2cm	5	Black	12m	8m	16m	2.7kg
U12 Boys	60mH	68.5cm	5	Orange	11.5m	7.5m	18.5m	2.7kg	
Unisex	U10	60mH	45 to 60cm*	5	No Marking	10m	6.5m	24m	N/a

*Adapted hurdles, such as Sportshall Hurdles can be used. Focus should be on fun and progressive introduction

FEMALE



Sprint Hurdles	Age Group	Event	Hurdle Height	Number of Hurdles Per Race	Colour Marking on the Track	Distance to First Hurdle	Distance Between Hurdles	Distance from Last Hurdle to Finish Line	Weight for Hurdles
Indoors Female	Senior & U20 Women	60mH	84.0cm	5	Yellow	13m	8.5m	13m	3.6kg
	U18 Women	60mH	76.2cm	5	Yellow	13m	8.5m	13m	3.6kg
	U16 Girls	60mH	76.2cm	5	Black	12m	8m	16m	2.7kg
	U14 Girls	60mH	68.5cm	5	Orange	11.5m	7.5m	18.5m	2.7kg
	U12 Girls	60mH	68.5cm	5	Pink	11m	7m	21m	2.7kg
Unisex	U10	60mH	45 to 60cm*	5	No Marking	10m	6.5m	24m	N/a

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