

300/400m	Senior, U20 & U18	400m	<h1>MALE</h1>
	U16 & U14	300m	
	U12	x	

All other standard track distances remain, although shorter distances may be considered for U12 and U14, eg. 75m, 150m, 600m in some competitions.

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
Outdoors Male	Senior Men	110mH	106.7cm	10	Blue	13.72m	9.14m	14.02m	3.6kg
		400mH	91.4cm	10	Green	45m	35m	40m	3.6kg
	U20 Men	110mH	99.1cm	10	Blue	13.72m	9.14m	14.02m	3.6kg
		400mH	91.4cm	10	Green	45m	35m	40m	3.6kg
	U18 Men	110mH	91.4cm	10	Blue	13.72m	9.14m	14.02m	3.6kg
		400mH	84.0cm	10	Green	45m	35m	40m	3.6kg
	U16 Boys	100mH	84.0cm	10	Yellow	13m	8.5m	10.5m	2.7kg
		300mH	76.2cm	7	Green	50m	35m	40m	2.7kg
	U14 Boys	80mH	76.2cm	8	Black	12m	8m	12m	2.7kg
		200mH	76.2cm	5	Green	20m	35m	40m	2.7kg
U12 Boys	75mH	68.5cm	8	Orange	11.5m	7.5m	11m	2.7kg	
Unisex	U10	60mH	45-60cm*	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

Steeplechase	Age Group	Event	Hurdle Height	Number of Barriers	Number of Water Barriers	Colour Marking on Track	 ENGLAND ATHLETICS
Men	Senior & U20 Men	3000m	91.4cm	28	7	Blue	
	U18 Men	2000m	83.8cm	18	5	Blue	
	U16 Boys	1500m	76.2cm	13	3	Blue	
	U14 Boys	1200m*	76.2cm	10	3	Blue	

300/400m	Senior, U20 & U18 Women	400m	<h1>FEMALE</h1>
	U16 & U14	300m	
	U12	x	

All other standard track distances remain, although shorter distances may be considered for U12 and U14, eg. 75m, 150m, 600m in some competitions.

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
Outdoors Female	Senior, U23, U20 Women	100mH	84.0cm	10	Yellow	13m	8.5m	10.5m	3.6kg
		400mH	76.2cm	10	Green	45m	35m	40m	3.6kg
	U18 Women	100mH	76.2cm	10	Yellow	13m	8.5m	10.5m	3.6kg
		400mH	76.2cm	10	Green	45m	35m	40m	3.6kg
	U16 Girls	80mH	76.2cm	8	Black	12m	8m	12m	2.7kg
		300mH	76.2cm	7	Green	50m	35m	40m	2.7kg
	U14 Girls	75mH	68.5cm	8	Orange	11.5m	7.5m	11m	2.7kg
		200mH	68.5cm	5	Green	20m	35m	40m	2.7kg
	U12 Girls	70mH	68.5cm	8	Pink	11m	7m	10m	2.7kg
	Unisex	U10	60mH	45-60cm*	5	No Marking	10m	6.5m	24m

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

Steeplechase	Age Group	Event	Hurdle Height	Number of Barriers	Number of Water Barriers	Colour Marking on Track	 ENGLAND ATHLETICS
Women	Senior, U23, U20 Women	3000m	76.2cm	28	7	Blue	
	U18 Women	2000m	76.2cm	18	5	Blue	
	U16 Girls	1500m	76.2cm	13	3	Blue	
	U14 Girls	1200m	76.2cm	10	3	Blue	