



SPECIFICATIONS

Sprint Hurdles (Men):

Age Group	Distance	No. of Hurdles	Height	Toppling weight	Track Colour	Dist to H1	Dist. Between	Dist to Finish
Senior	110m	10	106.7cm	3.6kg	Blue	13.72m	9.14m	14.02m
Under 20	110m	10	99.1cm	3.6kg	Blue	13.72m	9.14m	14.02m
Under 17	100m	10	91.4cm	2.7kg	Yellow	13.00m	8.50m	10.50m
Under 15	80m	8	84.0cm	2.7kg	Black	12.00m	8.00m	12.00m
Under 13	75m	8	76.2cm	2.7kg	Orange	11.50m	7.50m	11.00m

Sprint Hurdles (Women)

Age Group	Distance	No. of Hurdles	Height	Toppling weight	Track Colour	Dist to H1	Dist. Between	Dist to Finish
Snr/U20	100m	10	84.0cm	3.6kg	Yellow	13.00m	8.50m	10.50m
Under 17	80m	8	76.2cm	2.7kg	Black	12.00m	8.00m	12.00m
Under 15	75m	8	76.2cm	2.7kg	Orange	11.50m	7.50m	11.00m
Under 13	70m	8	68.5cm	2.70kg	Pink	11.00m	7.00m	10.00m



SPECIFICATIONS

Low Hurdles (Men):

Age Group	Distance	No. of Hurdles	Height	Toppling weight	Track Colour	Dist to H1	Dist. Between	Dist to Finish
Snr/U20	400m	10	91.4cm	3.6kg	Green	45m	35m	40m
Under 17	400m	10	84.0cm	2.7kg	Green	45m	35m	40m

Low Hurdles (Women):

Age Group	Distance	No. of Hurdles	Height	Toppling weight	Track Colour	Dist to H1	Dist. Between	Dist to Finish
Snr/U20	400m	10	76.2cm	3.6kg	Green	45m	35m	40m
Under 17	300m	7	76.2cm	2.7kg	Green	50m	35m	40m



SPECIFICATIONS

Steeplechase:

Age Group	Distance	No. of Hurdles	No. of water-jumps	Height (Men)	Height (Women)	Dist to first hurdle
Senior	3000m	28	7	91.4cm	76.2cm	257.8m
Under 20	2000m	18	5	91.4cm	76.2cm	203.8m
Under 17	1500m	13	3	91.4cm	76.2cm	255.8m

For specifications for tracks with an outside water jump, check the UKA Rule Book.

Only Seniors, Under 20's and Under 17's are allowed to compete in Steeplechase.

The top bar of the barrier should overlap the infield by approximately 30cm.

The water shall be 70cm deep for the first 30cm and then slope to the track level, although new tracks can have a depth of 50cm.

Athletes must go through or over the water, and not step to the side on landing.

Athletes will be disqualified if they run around a hurdle or trail a leg around the side.