**Useful Info Sheet – Reviewed April 2022**

**Hurdles Heights (Outdoor UKA/WA): (T22.1/22 - S 1)**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Age Group/ Sex** | **Race Distance** | **Hurdle Height** | **Open Holes** | **Topple Weight** | **Start to 1st** | **Between Flights** | **Last to Finish** | **No. of Hurdles** | **Track Colours** |
| **Sen/ U20/ U18M\*** | 110m | 106.7cm99.1cm91.4cm | 543 | 3.6kg | 13.72m | 9.14m | 14.02m | 10 | Blue |
| **Sen/ U20/****U18W\*** | 100m | 84cm84cm76.2cm | 221 | 3.6kg | 13m | 8.5m | 10.5m | 10 | Yellow |
| **Sen/ U20/ U18M\*** | 400m | 91.4cm91.4cm84cm | 332 | 3.6kg | 45m | 35m | 40m | 10 | Green |
| **Sen/ U20/ U18W\*** | 400m | 76.2cm““ | 1 | 3.6kg | 45m | 35m | 40m | 10 | Green |
| **U17 M** | 100m | 91.4cm | 3 | 2.7kg | 13m | 8.5m | 10.5m | 10 | Yellow |
| **U17 M** | 400m | 84cm | 2 | 3.6kg | 45m | 35m | 40m | 10 | Green |
| **U17 W** | 80m | 76.2cm | 1 | 2.7kg | 12m | 8m | 12m | 8 | Black |
| **U17 W** | 300m | 76.2cm | 1 | 2.7kg | 50m | 35m | 40m | 7 | Green |
| **U15 B** | 80m | 84cm | 2 | 2.7kg | 12m | 8m | 12m | 8 | Black |
| **U15 G** | 75m | 76.2cm | 1 | 2.7kg | 11.5m | 7.5m | 11m | 8 | Orange |
| **U13 B** | 75m | 76.2cm | 1 | 2.7kg | 11.5m | 7.5m | 11m | 8 | Orange |
| **U13 G** | 70m | 68.5cm | 0 | 2.7kg | 11m | 7m | 10m | 8 | Pink |

\*U18 and Above – WA Rules/U17 and Below – UKA Rules.

\* Grangemouth – Yellow/Blue Hurdles – these hurdles have heights marked on them.

**Hurdles Heights (Indoor UKA/WA): (T22 - S 1)**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Age Group/ Sex** | **Race Distance** | **Hurdle Height** | **Open Holes** | **Topple Weight** | **Start to 1st** | **Between Flights** | **Last to Finish** | **No. of Hurdles** |
| **Sen M\*** |  | 106.7cm | 5 | 3.6kg | 13.72m | 9.14m | 9.72m |  |
| **U20 M\*** |  | 99.1cm | 4 | 3.6kg | 13.72m | 9.14m | 9.72m |  |
| **Sen/ U20 W\*** | **ALL****AGE****GROUPS** | 84cm | 2 | 3.6kg | 13m | 8.5m | 8.5m | **ALL****AGE****GROUPS** |
| **U18 M\*** | **60m** | 91.4cm | 3 | 3.6kg | 13.72m | 9.14m | 9.72m | **5** |
| **U18 W\*** |  | 76.2cm | 1 | 3.6kg | 13m | 8.5m | 8.5m |  |
| **U17 M** |  | 91.4cm | 3 |  2.7kg | 13m | 8.5m | 13m |  |
| **U17 W** |  | 76.2cm | 1 | 2.7kg | 12m | 8m | 16m |  |
| **U15 B** |  | 84cm | 2 | 2.7kg | 12m | 8m | 16m |  |
| **U15 G** |  | 76.2cm | 1 | 2.7kg | 11.5m | 7.5m | 18.5m |  |
| **U13 B** |  | 76.2cm | 1 | 2.7kg | 11.5m | 7.5m | 18.5m |  |
| **U13 G** |  | *68.5cm* | 0 | 2.7kg | 11m | 7m | 21m |  |

\*U18 and Above – WA Rules/U17 and Below – UKA Rules.

**Toppling Weights:**

106.7 99.0 91.4 84.0 76.2 91.4 84.0 76.2/68.5

 **+ + + + + + + +** **\*Front**

 3.6 3.6 3.6 3.6 3.6 2.7 2.7 2.7

**Steeplechase Specs (UKA/WA): (TR23)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Age Group** | **Distance of Race** | **Number of Hurdles** | **Hurdle Heights** | **Number of Water Jumps** | **Start to 1st Hurdle** |
| **Seniors** | 3000m | 28 | **Sen/U20M - 91.4cm****U18M – 83.8cm** | 7 | 257.8m |
| **U20** | 2000m | 18 | **ALL Women - 76.2cm** | 5 | 203.8m |
| **U17** | 1500m\* | 13 |  | 3 | 255.8m |

\*When WJ inside Track, First Barrier almost directly opposite Start of Race.

\*U15B/G – UKA Rules – may compete in races over 1500m and use a height of 76.2cm

\*U17M – from April 2022 they shall use U18M heights

**Minimum Time between Heats/Rounds:**

**WA (TR20.10)**

- Up to and including 200m: 45mins

- Over 200m and up to 1000m: 90mins

- Over 1000m: Not on the Same Day

**UKA (TR20 - S 1)**

- Up to 100m: 20mins

- Over 100m and up to 200m: 40mins

- Over 200m and up to 400m: 60mins

- Over 400m and up to 800m: 80mins

- Over 800m: 100m

**Wind Gauge (TR17.12)**

100m – 10s

100mH – 13s

110mH – 13s

200m – 10s (when 1st athlete enters straight)