

## scottishathletics Hurdle Specifications Outdoor

Distance	Age Group	Height	To first Hurdle	Distance Between	From last hurdle	Number of flights	Height, holes showing	Weight holes showing	Tip weight	Track marking colour
70m	U12 Girls	68.5cm	11m	7m	10m	8	0	0/0	2.7kg	Pink
75m	U12 Boys	68.5cm	11.5m	7.5m	11m	8	0	0/0	2.7kg	Orange
75m	U14 Girls	68.5cm	11.5m	7.5m	11m	8	0	0/0	2.7kg	Orange
80m	U14 Boys	76.2cm	12m	8m	12m	8	1	1/2	2.7kg	Black
80m	U16 Girls	76.2cm	12m	8m	12m	8	1	1/2	2.7kg	Black
100m	U16 Boys	84.0cm	13m	8.5m	10.5m	10	2	2/3	2.7kg	Yellow
100m	U18 Women	76.2cm	13m	8.5m	10.5m	10	1	1/2	2.7kg	Yellow
100m	U20/Senior Women	84.0cm	13m	8.5m	10.5m	10	2	5/6	3.6kg	Yellow
110m	U18 Men	91.4cm	13.72m	9.14m	14.02m	10	3	6/7	3.6kg	Blue
110m	U20 Men	99.1cm	13.72m	9.14m	14.02m	10	4	7/8	3.6kg	Blue
110m	Senior Men	106.7cm	13.72m	9.14m	14.02m	10	5	8/9	3.6kg	Blue
200m	U14 Girls	68.5cm	20m	35m	40m	5	0	0/0	2.7kg	Green
200m	U14 Boys	76.2cm	20m	35m	40m	5	1	1/2	2.7kg	Green
300m	U16 Girls	76.2cm	50m	35m	40m	7	1	1/2	2.7kg	Green
300m	U16 Boys	76.2cm	50m	35m	40m	7	1	1/2	2.7kg	Green
400m	U18 Women	76.2cm	45m	35m	40m	10	1	4/4	3.6kg	Green
400m	U20/Senior Women	76.2cm	45m	35m	40m	10	1	4/4	3.6kg	Green
400m	U18 Men	84.0cm	45m	35m	40m	10	2	5/6	3.6kg	Green
400m	U20/Senior Men	91.4cm	45m	35m	40m	10	3	6/7	3.6kg	Green

**Note:** The weight position quoted represents the position from the upright, holes showing marked as Cantabrian hurdles/Decathlon Hurdle  
 Issued September 2025 in anticipation of World Athletics and UKA Technical Rules 2026 Edition Rule T22 and T22 S1

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Distance	Age Group	Height	To first Hurdle	Distance Between	From last hurdle	Number of flights	Height, holes showing	Weight holes showing	Tip weight	Track marking colour
80m	M70 M75	76.2cm	12.00m	7.00m	19.00m	8	1	1/2	2.7kg	
80m	M80	68.5cm	12.00m	7.00m	19.00m	8	0	0/0	2.7kg	
80m	W40 W45	76.2cm	12.00m	8.00m	12.00m	8	1	1/2	2.7kg	Black
80m	W50 W55	76.2cm	12.00m	7.00m	19.00m	8	1	1/2	2.7kg	
80m	W60 W65 W70 W75 W80	68.5cm	12.00m	7.00m	19.00m	8	0	0/0	2.7kg	
100m	M50 M55	91.4cm	13.00m	8.50m	10.50m	10	3	6/7	3.6kg	Yellow
100m	M60 M65	84.0cm	12.00m	8.00m	16.00m	10	2	2/3	2.7kg	
100m	W35	84.0cm	13.00m	8.50m	10.50m	10	2	2/3	2.7kg	Yellow
110m	M35 M40 M45	99.1cm	13.72m	9.14m	14.02m	10	4	7/8	3.6kg	Blue
200m	M80	68.5cm	20.00m	35.00m	40.00m	5	0	0/0	2.7kg	Green
200m	W70 W75 W80	68.5cm	20.00m	35.00m	40.00m	5	0	0/0	2.7kg	Green
300m	M60 M65	76.2cm	50.00m	35.00m	40.00m	7	1	1/2	2.7kg	Green
300m	M70 M75	68.5cm	50.00m	35.00m	40.00m	7	0	0/0	2.7kg	Green
300m	W50 W55	76.2cm	50.00m	35.00m	40.00m	7	1	1/2	2.7kg	Green
300m	W60 W65	68.5cm	50.00m	35.00m	40.00m	7	0	0/0	2.7kg	Green
400m	M35 M40 M45	91.4cm	45.00m	35.00m	40.00m	10	3	6/7	3.6kg	Green
400m	M50 M55	84.0cm	45.00m	35.00m	40.00m	10	2	2/3	2.7kg	Green
400m	W35 W40 W45	76.2cm	45.00m	35.00m	40.00m	10	1	1/2	2.7kg	Green

**Note:** The weight position quoted represents the position from the upright, holes showing marked as Cantabrian hurdles/Decathlon Hurdle  
 Issued September 2026 from World Athletics and UKA Technical Rules 2026 Edition Rule T22 and T22 S1