



**Athletics Australia Hurdle Specifications for Competition under Athletics Australia Rules
(as at July 2013)**

AGE GROUPS	DISTANCE	NUMBER & HEIGHT OF HURDLES	DISTANCE TO FIRST HURDLE (M)	DISTANCE BETWEEN HURDLES (M)	DISTANCE TO FINISH (M)
OPEN MEN	110m	10 x 106.7cm	13.72m	9.14m	14.02m
U20 MEN	110m	10 x 99.1cm	13.72m	9.14m	14.02m
U18 & U17 MEN	110m	10 x 91.4cm	13.72m	9.14m	14.02m
U16 & U15 MEN OPEN & U20 WOMEN	100m	10 x 84cm	13m	8.5m	10.5m
U18 & U17 WOMEN	100m	10 x 76.2cm	13m	8.5m	10.5m
U16 & U15 WOMEN U14 MEN	90m	9 x 76.2cm	13m	8m	13m
U14 WOMEN	80m	9 x 76.2cm	12m	7m	12m
OPEN & U20 MEN	400m	10 x 91.4cm	45m	35m	40m
U18 & U17 MEN	400m	10 x 84cm	45m	35m	40m
OPEN, U20, U18, U17 WOMEN	400m	10 x 76.2cm	45m	35m	40m
U16 & U15 MEN U16 & U15 WOMEN	200m	10 x 76.2cm	18.29m	18.29m	17.10m

Steeple Specifications for Competition under Athletics Australia Rules (as at July 2013)

AGE GROUPS	DISTANCE	BARRIER HEIGHTS
OPEN & U20 MEN	3000m	91.4cm
OPEN & U20 WOMEN	3000m	76.2cm
U18, U17 MEN	2000m	91.4cm
U16 & U15 MEN U18, U17, U16, U15 WOMEN	2000m	76.2cm

Track Colour coding for Hurdle and Steeplechase Races

The following are the coloured marks on synthetic tracks which indicate where the hurdles should be placed for each distance

60m	Blue
80m	Black
90m	White
100m	Yellow
110m	Blue
200m	Purple
400m	Green
Steeplechase	Blue