

# Athletics Australia

## Hurdle Specifications for Competition under Athletics Australia Rules (Updated 1 August 2019)

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
U18/17 MEN	110m	10 x 91.4cm	13.72m	9.14m	14.02m
U16/15 MEN OPEN, U20 WOMEN	100m	10 x 84cm	13m	8.5m	10.5m
U18/17 WOMEN	100m	10 x 76.2cm	13m	8.5m	10.5m
U16/15 WOMEN & U14/13 MEN	90m	9 x 76.2cm	13m	8m	13m
U14/13 WOMEN	80m	9 x 76.2cm	12m	7m	12m
OPEN & U20 MEN	400m	10 x 91.4cm	45m	35m	40m
U18/17 MEN	400m	10 x 84cm	45m	35m	40m
OPEN, U20, U18/17 WOMEN	400m	10 x 76.2cm	45m	35m	40m
MEN & WOMEN	200m	10 x 76.2cm	18.29m	18.29m	17.10m

## Steeple Specifications for Competition under Athletics Australia Rules (Updated 1 August 2019)

AGE GROUPS	DISTANCE	BARRIER HEIGHTS
OPEN & U20 MEN	3000m	91.4cm
OPEN WOMEN	3000m	76.2cm
U18/17 MEN (from 1 October 2019)	2000m	84cm
U16/15 MEN & U20, U18/17, U16/15 WOMEN	2000m	76.2cm