

HURDLES



Who runs what distance?

U6, U7, U8, U9, U10,
U11, U12, U13, U14G
U14B, U15G, U16G
U15B, U16B, U17G, U17B
U13, U14,
U15, U16, U17

60m hurdles
80m hurdles
90m hurdles
100m hurdles
200m hurdles
300m hurdles

What is the basic technique?

Hurdling is basically an extension of running. The first leg over the hurdle is called the “lead leg” and the second leg over is called the “trail leg”. The hurdles should be cleared without slowing down. Use smooth, fast running between the hurdles

Lead leg – straight up (bent knee raised to chest), straight out (extend the leg over the hurdle), straight down over the hurdle (plant the foot on the other side of the hurdle).

Trail leg – lift the leg to the side with heel to bottom. Pull the knee around and through to the chest, and then foot plant in the direction the athlete is running. (Some coaches like to tell their athletes to pop the balloon for this part of the action).

When can an athlete be disqualified in hurdles?

- If in the opinion of the referee, an athlete deliberately knocks down a hurdle by hand or foot.
- If an athlete interferes or impedes another athlete’s performance.
- If an athlete goes under or around a hurdle.
- If an athlete trails their foot around the side of a hurdle.
- If an athlete jumps a hurdle not in their own lane.

What are some safety considerations?

Make sure ALL hurdles are facing the right direction. Hurdles have stripes or markings on one side. These stripes or markings always need to face the athlete regardless of what direction the legs of the hurdles are pointed. Never allow athletes to jump hurdles from the wrong direction. This is most likely to occur after athletes have been permitted a practise prior to their event. Hurdles should, where possible, be of the collapsible type.

What are some “Handy Tips” for conducting hurdles?

When conducting hurdles on the one day/night, have higher hurdle events first, then lower hurdle events. Alternatively, conduct U13-U17 on one week and U8-U12 on the following week. Conduct hurdle events on the back straight to allow track events to continue on the front straight, or vice versa.