

# Track and Field



## *Hurdle Races*



# Track and Field



## Hurdle Races

### No Encroaching

Hurdle races are run over three distances for men (110, 200 and 400 meters or 120, 220 and 440 yards) and two for women (100 and 400 m or 110 and 440 yd). Ten flights or hurdles have to be negotiated in each case. The height of the hurdles varies:

**Men.** 110 m or 120 yd: 1.067 m or 3 ft 6 in; 200 m or 220 yd: 0.762 m or 2 ft 6 in; 400 m or 440 yd: 0.914 m or 3 ft.

**Women.** 100 m or 110 yd: 0.840 m or 2 ft 9 in; 400 m or 440 yd: 0.762 m or 2 ft 6 in.

Each competitor has his own lane. Hurdles may be overturned, but not on purpose. A competitor who deliberately knocks a hurdle over with his hand or foot may be disqualified (at the discretion of the judges). The same applies to a competitor who negotiates a hurdle outside his own lane or encroaches on the lane on either side of him.

The hurdles themselves are usually of metal, but always have a wooden bar. This is a regulation 1.20 m (3 ft 11 in) long, 70 mm ( $2\frac{3}{4}$  in) wide and 10 to 25 mm ( $\frac{2}{5}$  to 1 in) thick and has black and white vertical stripes painted on it. The two metal uprights are bent at right angles at the bottom to form stable ground supports 70 cm ( $27\frac{3}{4}$  in) long. These are always positioned so that they point towards the start line. If they are knocked, they topple in the direction of travel of the hurdler.

The minimum regulation weight for a hurdle is 10 kg (22 lb). The hurdle is so designed that it has a toppling moment of at least 3.6 kg (8 lb) and at most 4 kg (8 lb 13 oz). Adjustable counterweights may be placed on the ground supports in order to meet this requirement. The height of a hurdle is also adjustable, the position of the counterweight on the ground supports depending on the height of the hurdle.

#### HURDLE RACES

##### Placing of hurdles

|                | Distance from start to first hurdle | Distance between hurdles | Distance from last hurdle to finish |
|----------------|-------------------------------------|--------------------------|-------------------------------------|
| 110 m (120 yd) | 13.72 m (15 yd)                     | 9.14 m (10 yd)           | 14.02 m (15 yd)                     |
| 200 m (220 yd) | 18.29 m (20 yd)                     | 18.29 m (20 yd)          | 17.10 m (20 yd)                     |
| 400 m (440 yd) | 45.00 m (49.25 yd)                  | 35.00 m (38.25 yd)       | 40.00 m (46.5 yd)                   |
| 100 m (110 yd) | 13.00 m (14.25 yd)                  | 8.50 m (9.25 yd)         | 10.50 m (12.5 yd)                   |

OG 1976 (Montreal): Guy Drut is out in front