

# Track and Field



*The 3000-m  
Steeplechase*



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## The 3000-m Steeplechase



### The Problem of the Water-jump

The 3000-m steeplechase always sets a particular problem for the organizers of athletics meetings. The water-jump, which must be crossed seven times, cannot be positioned on the track. It is built either outside or inside it which, with a 400-m track, results in circuits of 426 or 448 yards.

This water-jump, which must be the fourth obstacle in each lap, is in fact a ditch filled with water, square, with sides of 12 feet. At the base of the hurdle at its edge, its depth must be 2 ft 3½ in, getting progressively shallower up to the level of the track. The hurdle of the water-jump, unlike the other obstacles, is firmly fixed to the ground, so that competitors can use it as a support in order to cross the ditch without getting their feet wet. Besides this, the competitors are also allowed to use their hands or put a foot down to help them over the other hurdles.

A 3000-m steeplechase includes 28 hurdle jumps and seven jumps of the water. A sufficient distance (between 142 and 295 yards according to the length of the lap) must be allowed between the starting line and the first

hurdle to prevent the competitors, who do not start off in lanes, from jostling each other. The distance between the last hurdle and the finishing line is between 74 and 78 yards.

The obstacle or obstacles in the way of the start must be removed until the competitors have begun the first of the seven laps that they must complete.

#### NORMAL DISTANCES

With a water-jump outside the track and therefore a lap of 410 m (448 yd), the distances are in principle as follows:

From the start to the beginning of the 1st lap	130 m
From the beginning of the 1st lap to the 1st hurdle	10 m
From the 1st to the 2nd hurdle	82 m
From the 2nd to the 3rd hurdle	82 m
From the 3rd hurdle to the water-jump	82 m
From the water-jump to the 4th hurdle	82 m
From the 4th hurdle to the finishing line	72 m
7 laps of 410 m	<u>2,870 m</u>
Total	3,000 m

#### The hurdles:

3 ft high, minimum width 12 ft, base 4 ft 7 in, width of the top bar: 5 in. Weight between 176½–220½ lb.

*A jump seven times repeated*