

**2010 Commonwealth Bank
Queensland Secondary Schools Track & Field Championships
Hurdles Specifications**

MEN					
Age Group	Distance	Number & Height of Hurdles	Distance to First Hurdle (m)	Distance between Hurdles (m)	Distance to Finish (m)
18 -19 Years	110 m	10 x 99.1 cm	13.72 m	9.14 m	14.02 m
17 Years	110 m	10 x 91.4 cm	13.72 m	9.14 m	14.02 m
16 Years	110 m	10 x 91.4 cm	13.72 m	9.14 m	14.02 m
15 Years	100 m	10 x 84 cm	13 m	8.5 m	10.5 m
14 Years	100 m	10 x 84 cm	13 m	8.5 m	10.5 m
13 Years	90 m	9 x 76.2 cm	13 m	8 m	13 m
WOMEN					
Age Group	Distance	Number & Height of Hurdles	Distance to First Hurdle (m)	Distance between Hurdles (m)	Distance to Finish (m)
18 -19 Years	100 m	10 x 84 cm	13 m	8.5 m	10.5 m
17 Years	100 m	10 x 76.2 cm	13 m	8.5 m	10.5 m
16 Years	100 m	10 x 76.2 cm	13 m	8.5 m	10.5 m
15 Years	90 m	9 x 76.2 cm	13 m	8 m	13 m
14 Years	90 m	9 x 76.2 cm	13 m	8 m	13 m
13 Years	80 m	9 x 76.2 cm	12 m	7 m	12 m

MEN					
Age Group	Distance	Number & Height of Hurdles	Distance to First Hurdle (m)	Distance between Hurdles (m)	Distance to Finish (m)
18 -19 Years	400 m	10 x 91.4 cm	45 m	35 m	40 m
16 -17 Years	400 m	10 x 84 cm	45 m	35 m	40 m
13 -15 Years	200 m	10 x 76.2 cm	18.29 m	18.29 m	17.10 m
WOMEN					
Age Group	Distance	Number & Height of Hurdles	Distance to First Hurdle (m)	Distance between Hurdles (m)	Distance to Finish (m)
18 -19 Years	400 m	10 x 76.2 cm	45 m	35 m	40 m
16 -17 Years	400 m	10 x 76.2 cm	45 m	35 m	40 m
13 -15 Years	200 m	10 x 76.2 cm	18.29 m	18.29 m	17.10 m

Steeplechase Specifications

Age Group	Distance	Barrier Heights
Men 18 - 19 yrs Men 16 - 17 yrs	2000 metres	91.4 cm
Men 13 - 15 yrs	2000 metres	76.2 cm
Women - all age groups	2000 metres	76.2 cm