

Hurdles

Who runs what distance?

U7, U8, U9, U10, U11, U12	60m hurdles
U13, U14G	80m hurdles
U14B, U15-U17G	90m hurdles
U15B-U17B	100m hurdles
U15-U17	200m hurdles (circular track)

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'.

- 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 practice jump prior to their event.

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.



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- You should try to clear the hurdles without slowing down
- Use smooth, fast running between the hurdles
- Your lead leg is your first leg over the hurdle
- Lift your knee straight up towards the hurdle; stretch your leg straight out over the hurdle; land with your foot in a straight line on the other side of the hurdle
- Your trail leg follows the lead leg
- Lift your leg up to the side, your heel close to your bottom, with your toes pulled up; pull your knee through to your chest; land with your foot in a straight line on the other side of the hurdle

