

USATF OFFICIALS BEST PRACTICES

HURDLE PLACEMENT & HEIGHT COMPARISON

<u>ORGANIZ./AGE GRP</u>	<u>DISTANCE</u>	<u>NUMBER</u>	<u>HEIGHT</u>	<u>TO 1ST</u>	<u>BETWEEN</u>	<u>LAST TO FIN.</u>
<u>MEN - OUTDOOR</u>						
Jr. High	110	10	33"	13.72m	9.14m	14.02m
High School	110	10	39"	13.72m	9.14m	14.02m
NCAA, USATF, IAAF	110	10	42"	13.72m	9.14m	14.02m
Jr. High	200	5	30"	50m	35m	10m
High School	300	8	36"	45m	35m	10m
NCAA, USATF, IAAF	400	10	36"	45m	35m	40m
NCAA, USATF, IAAF	3000 SC	28 (7 Water)	36"	5 jumps/lap after fin. line passed 1st time; water jump 4th		
<u>WOMEN - OUTDOOR</u>						
Jr. High	100	10	30"	13m	8.5m	10.5m
High School	100	10	33"	13m	8.5m	10.5m
NCAA, USATF, IAAF	100	10	33"	13m	8.5m	10.5m
Jr. High	200	5	30"	50m	35m	10m
High School	300	8	30"	45m	35m	10m
NCAA, USATF, IAAF	400	10	30"	45m	35m	40m
NCAA, USATF, IAAF	3000 SC	28 (7 Water)	30"	5 jumps/lap after fin. line passed 1st time; water jump 4th		
<u>MEN - INDOOR</u>						
High School	55	5	39"	13.72m	9.14m	4.72m
NCAA	55 / 60	5	42"	13.72m	9.14m	4.72/9.72m
USATF	50	4	42"	13.72m	9.14m	8.86m
USATF	55 / 60	5	42"	13.72m	9.14m	4.72/9.72
IAAF	50 / 60	4 / 5	42"	13.72m	9.14m	8.86/9.72m
<u>WOMEN - INDOOR</u>						
High School	55	5	33"	13m	8.5m	8m
NCAA	55 / 60	5	33"	13m	8.5m	8/13m
USATF	50	4	33"	13m	8.5m	11.5m
USATF	55 / 60	5	33"	13m	8.5m	8/13m
IAAF	50 / 60	4 / 5	33"	13m	8.5m	11.5/13m

<u>YOUTH - BOYS OUTDOOR</u>						
Midget Boys	80	8	30"	12m	7.5m	15.5m
Youth Boys	100	10	33"	13m	8.5m	10.5m
Interm & Young Men	110	10	39"	13.72	9.14	14.02m
Youth Boys	200	5	30"	20m	35m	40m
Interm & Young Men	400	10	36"	45m	35m	40m
Interm & Young Men	2000 SC	18 (5 Water)	36"	5 jumps/lap after fin. line passed 1st time; water jump 4th		
<u>YOUTH - GIRLS OUTDOOR</u>						
Midget Girls	80	8	30"	12m	7.5m	15.5m
Youth Girls	100	10	30"	13m	8m	15m
Interm&Young Women	100	10	33"	13m	8.5m	10.5m
Youth Girls	200	5	30"	20m	35m	40m
Interm&Young Women	400	10	30"	45m	35m	40m
Interm&Young Women	2000 SC	18 (5 Water)	30"	5 jumps/lap after fin. line passed 1st time; water jump 4th		

USATF OFFICIALS BEST PRACTICES

HURDLE PLACEMENT & HEIGHT COMPARISON

<u>ORGANIZ./AGE GRP</u>	<u>DISTANCE</u>	<u>NUMBER</u>	<u>HEIGHT</u>	<u>TO 1ST</u>	<u>BETWEEN</u>	<u>LAST TO FIN.</u>
<u>MASTERS MEN OUTDOOR SHORT</u>						
30-49	110	10	39"	13.72m	9.14m	14.02m
50-59	100	10	36"	13m	8.5m	10.5m
60-69	100	10	33"	12m	8m	16m
70-79	80	8	30"	12m	7m	19m
80 +	80	8	27"	12m	7m	19m
<u>MASTERS MEN OUTDOOR LONG</u>						
30-49	400	10	36"	45m	35m	40m
50-59	400	10	33"	45m	35m	40m
60-79	300 **	7	30"	50m	35m	40m
80 +	200 *	5	27"	20m	35m	40m
30-59	3000 SC	28 (7 Water)	36"	5 jumps/lap after fin. line passed 1st time; water jump 4th		
60 +	2000 SC	18 (5 Water)	30"	5 jumps/lap after fin. line passed 1st time; water jump 4th		
<u>MASTERS WOMEN OUTDOOR SHORT</u>						
30-39	100	10	33"	13m	8.5m	10.5m
40-49	80	8	30"	12m	8m	12m
50-59	80	8	30"	12m	7m	19m
60 +	80	8	27"	12m	7m	19m
<u>MASTERS WOMEN OUTDOOR LONG</u>						
30-49	400	10	30"	45m	35m	40m
50-59	300 **	7	30"	50m	35m	40m
60 - 69	300 **	7	27"	50m	35m	40m
70 +	200 *	5	27"	20m	35m	40m
All Ages	2000 SC	18 (5 Water)	30"	5 jumps/lap after fin. line passed 1st time; water jump 4th		
<u>MASTERS MEN INDOOR</u>						
30-49	60	5	39"	13.72m	9.14m	9.72m
50-59	60	5	36"	13m	8.5m	13m
60-69	60	5	33"	12m	8m	16m
70-79	60	5	30"	12m	7m	20m
80 +	60	5	27"	12m	7m	20m
<u>MASTERS WOMEN INDOOR</u>						
30-39	60	5	33"	13m	8.5m	13m
40-49	60	5	30"	12m	8m	16m
50-59	60	5	30"	12m	7m	20m
60 +	60	5	27"	12m	7m	20m
* Locations of the 200m hurdles are the same as the last 5 hurdles of the 400m hurdle event.						
** Locations of the 300m hurdles are the same as the last 7 hurdles of the 400m hurdle event.						