

Hurdle specifications					
Age Group	Distance	Height	Weight	Flights	Marking
Senior Men	110	106.7	3.6	10	Blue
	400	91.4	3.6	10	Green
Junior Men	110	99.1	3.6	10	Blue
	400	91.4	3.6	10	Green
U18 Men	110	91.4	3.6	10	Blue
	400	84	3.6	10	Green
U16 Boys	100	84	2.7	10	Yellow
	300	76.2	2.7	7	Green
U14 Boys	80	76.2	2.7	8	Black
	200	76.2	2.7	5	Green
U12 Boys	75	68.5	2.7	8	Orange
Steeplechase					
Age Group	Distance	Flights	Waters	Height	First Hurdle
Senior/U20	3000	28	7	91.4	257.8
U18	2000	18	5	91.4	203.8
U16	1500	13	3	83.8	255.8
U14	1200	10	3	76.2	
Hurdle specifications					
Age Group	Distance	Height	Weight	Flights	Marking
Senior Women	100	84	3.6	10	Yellow
	400	76.2	3.6	10	Green
Junior Women	100	84	3.6	10	Yellow
	400	76.2	3.6	10	Green
U18 Women	100	76.2	3.6	10	Yellow
	400	76.2	3.6	10	Green
U16 Women	80	76.2	2.7	8	Black
	300	76.2	2.7	7	Green
U14 Girls	75	68.5	2.7	8	Orange
	200	68.5	2.7	5	Green
U12 Girls	70	68.5	2.7	8	Pink
Steeplechase					
Age Group	Distance	Flights	Waters	Height	First Hurdle
Senior/U20	3000	28	7	76.2	257.8
U18	2000	18	5	76.2	203.8
U16	1500	13	3	76.2	255.8
U14	1200	10	3	76.2	