

## scottishathletics Championships Hurdle Specifications Outdoor

Distance	Age Group	Height	To first Hurdle	Distance Between	From last hurdle	Number of flights	Height, holes showing	Weight holes showing	Tip weight	Track marking colour
70m	U13 Girls	68.5cm	11m	7m	10m	8	0	0/0	2.7kg	Pink
75m	U13 Boys	76.2cm	11.5m	7.5m	11m	8	1	1/1	2.7kg	Orange
75m	U15 Girls	76.2cm	11.5m	7.5m	11m	8	1	1/1	2.7kg	Orange
80m	U15 Boys	84.0cm	12m	8m	12m	8	2	2/2	2.7kg	Black
80m	U17 Women	76.2cm	12m	8m	12m	8	1	1/1	2.7kg	Black
100m	U17 Men	91.4cm	13m	8.5m	10.5m	10	3	3/3	2.7kg	Yellow
100m	U20/Senior Women	84cm	13m	8.5m	10.5m	10	2	2/5	3.6kg	Yellow
110m	U20 Men	99.1cm	13.72m	9.14m	14.02m	10	4	4/7	3.6kg	Blue
110m	Senior Men	106.7cm	13.72m	9.14m	14.02m	10	5	5/8	3.6kg	Blue
300m	U17 Girls	76.2cm	50m	35m	40m	7	1	1/1	2.7kg	Green
400m	U20/Senior Women	76.2cm	45m	35m	40m	10	1	1/4	3.6kg	Green
400m	U17 Men	84cm	45m	35m	40m	10	2	2/2	2.7kg	Green
400m	U20/Senior Men	91.4cm	45m	35m	40m	10	3	3/6	3.6kg	Green

**Note:** The weight position quoted represents the position from the upright, holes showing marked as Cantabrian hurdles/Decathlon Hurdle

Issued April 2016 UKA Rules for Competition Incorporating IAAF Rules. Rule 168