

110m Hurdles						
Age Group	Comp order	Group	Height Inches	Distance to 1st	Distance Between	Distance to Finish
Open Men 19-29	1	On Track	42	13.72	9.14	14.02
SMM & MM 30-49	2	On Track	39	13.72	9.14	14.02
Young Men	3	On Track	39	13.72	9.14	14.02
Intermediate Boys	4	On Track	39	13.72	9.14	14.02
100m Hurdles						
Master Men 50-59	5	On Track	36	13.00	8.50	10.50
OW & SMW 19-39	6	On Track	33	13.00	8.50	10.50
Young Women	7	On Track	33	13.00	8.50	10.50
Intermediate Girls	8	On Track	33	13.00	8.50	10.50
Youth Boys	9	On Track	33	13.00	8.50	10.50
Youth Girls	10	1	30	13.00	8.00	15.00
Master Men 60-69	11	2	33	12.00	8.00	16.00
80m Hurdles						
Master Women 40-49	12	3	30	12.00	8.00	12.00
Midget Boys	13	4	30	12.00	7.50	15.50
Midget Girls	14	4	30	12.00	7.50	15.50
Master Women 50+	15	5	30	12.00	7.00	19.00
Master Men 70-79	16	5	30	12.00	7.00	19.00
Master Men 80+	17	5	27	12.00	7.00	19.00
60m Hurdles						
Open Men 19-29	1	1	42	13.72	9.14	9.72
Young Men	2	1	39	13.72	9.14	9.72
Intermediate Boys	3	1	39	13.72	9.14	9.72
SMM&MM 30-49	4	1	39	13.72	9.14	9.72
Masters Men 50-59	5	2	36	13.00	8.50	13.00
OW & SMW 19-39	6	2	33	13.00	8.50	13.00
Young Women	7	2	33	13.00	8.50	13.00
Intermediate Girls	8	2	33	13.00	8.50	13.00
Youth Boys	9	2	33	13.00	8.50	13.00
Youth Girls	10	3	30	13.00	8.00	15.00
Master Men 60-69	11	4	33	12.00	8.00	16.00
Master Women 40-49	12	4	30	12.00	8.00	16.00
Midget Boys	13	5	30	12.00	7.50	18.00
Midget Girls	14	5	30	12.00	7.50	18.00
Master Women 50+	15	6	30	12.00	7.00	20.00
Master Men 70+	16	6	30	12.00	7.00	20.00

400m Hurdles						
Age Group	Comp order	Group	Height Inches	Distance to 1st	Distance Between	Distance to Finish
Open Men	1	On Track	36	45.00	35.00	40.00
Young Men	2	On Track	36	45.00	35.00	40.00
Intermediate Boys	3	On Track	36	45.00	35.00	40.00
Sub-Master Men	4	On Track	36	45.00	35.00	40.00
Master Men 40-49	5	On Track	36	45.00	35.00	40.00
Master Men 50-59	6	On Track	33	45.00	35.00	40.00
Intermediate Girls	7	On Track	30	45.00	35.00	40.00
Young Women	8	On Track	30	45.00	35.00	40.00
Open Women	9	On Track	30	45.00	35.00	40.00
Sub-Master Women	10	On Track	30	45.00	35.00	40.00
Master Women 40-49	11	On Track	30	45.00	35.00	40.00
300m Hurdles						
Master Men 60-69	12	On Track	30	50.00	35.00	40.00
Master Women 50-59	13	On Track	30	50.00	35.00	40.00
Master Men 70 -79	14	On Track	27	50.00	35.00	40.00
Master Women 60+	15	On Track	27	50.00	35.00	40.00
200m Hurdles						
Youth Boys	16	On Track*	30	20.00	35.00	40.00
Youth Girls	17	On Track*	30	20.00	35.00	40.00
Master Men 80+ <small>(200m HS marks less hurdle 8)</small>	18	On Track*	27	50.00	35.00	40.00

* These marks are on the track if it is marked for 400m Hurdles.

* High Schools are marked for 300m Hurdles. 200m hurdles will have to be measured.

Short Hurdles Quick reference:

OM, YM, IB 60HH	Hurdles (1-5)	13.72m, 22.86m, 32m, 41.14m, 50.28m
OM, YM, IB 110HH	Hurdles (6-10)	59.42m, 68.56m, 77.70m, 86.84m, 95.98m
OW, SMW, IG, YB, MM 50-59		13m, 21.5m, 30m, 38.5m, 47m, 55.5m, 64m, 72.5m, 81m, 89.5m
YG 100HH (1)		13m, 21m, 29m, 37m, 45m, 53m, 61m, 69m, 77m, 85m
MM 60-69 100HH (2)		12m, 20m, 28m, 36m, 44m, 52m, 60m, 68m, 76m, 84m
MW 40-49 80HH (3)		12m, 20m, 28m, 36m, 44m, 52m, 60m, 68m
MB & MG 80HH (4)		12m, 19.5m, 27m, 34.5m, 42m, 49.5m, 57m, 64.5m
MM 70+ & MW 50+ 80HH (5)		12m, 19m, 26m, 33m, 40m, 47m, 54m, 61m

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** If you pull a 100m tape starting at the 100m start line, you can mark all of the hurdles that are not marked on the track at the same time.

** Use these marks so that you do not have to move the tape to mark YG 100HH, MB/MG 80HH, Masters Men and Women

** 100HH **	H1	H2	H3	H4	H5	H6	H7	H8	H9	H10
YG (1)	13	21	29	37	45	53	61	69	77	85
MM 60-69 (2)	12	20	28	36	44	52	60	68	76	84

** 80HH **	H1	H2	H3	H4	H5	H6	H7	H8
MW 40-49 (3)	32	40	48	56	64	72	80	88
MM 70+ & MW 50+ 80HH (5)	32	39	46	53	60	67	74	81
MB / MG (4)	32	39.5	47	54.5	62	69.5	77	84.5