

USATF OFFICIALS BEST PRACTICES

HURDLE HEIGHTS AND PLACEMENT

Organiz. / Age Group	Race Length	# of Hurdles	Height	To 1st Hurdle	Between	Last Hur. To Finish	Typical Mark	Organiz. / Age Group	Race Length	# of Hurdles	Height	To 1st Hurdle	Between	Last Hur. To Finish	Typical Mark
MEN - OUTDOOR								WOMEN - OUTDOOR							
Jr. High	110	10	33"	13.72m	9.14m	14.02m	Blue	Jr. High	100	10	30"	13m	8.5m	10.5m	Yellow
High School	110	10	39"	13.72m	9.14m	14.02m	Blue	High School	100	10	33"	13m	8.5m	10.5m	Yellow
NCAA, USATF, IAAF	110	10	42"	13.72m	9.14m	14.02m	Blue	NCAA, USATF, IAAF	100	10	33"	13m	8.5m	10.5m	Yellow
Jr. High	200*	5	30"	50m	35m	40m	Green	Jr. High	200*	5	30"	50m	35m	40m	Green
High School	300**	8	36"	45m	35m	40m	Green	High School	300**	8	30"	45m	35m	40m	Green
NCAA, USATF, IAAF	400	10	36"	45m	35m	40m	Green	NCAA, USATF, IAAF	400	10	30"	45m	35m	40m	Green
NCAA, USATF, IAAF	3000 SC	4 barriers, 1 water jump/lap	36"	No barrier until past finish line 1st time			Black	NCAA, USATF, IAAF	3000 SC	4 barriers, 1 water jump/lap	30"	No barrier until past finish line 1st time			Black
MEN - INDOOR								WOMEN - INDOOR							
High School	55	5	39"	13.72m	9.14m	4.72m	Blue	High School	55	5	33"	13m	8.5m	8m	Yellow
NCAA	55/60	5	42"	13.72m	9.14m	4.72/9.72m	Blue	NCAA	55/60	5	33"	13m	8.5m	8/13m	Yellow
USATF	50	4	42"	13.72m	9.14m	8.86m	Blue	USATF	50	4	33"	13m	8.5m	11.5m	Yellow
USATF	55/60	5	42"	13.72m	9.14m	4.72/9.72	Blue	USATF	55/60	5	33"	13m	8.5m	8/13m	Yellow
IAAF	50/60	4 / 5	42"	13.72m	9.14m	8.86/9.72m	Blue	IAAF	50/60	4 / 5	33"	13m	8.5m	11.5/13m	Yellow
YOUTH OUTDOOR								MASTERS MEN OUTDOOR							
11-12 Girls & Boys	80	8	30"	12m	7.5m	15.5m		30-49	110	10	39"	13.72m	9.14m	14.02m	Blue
13-14 Girls	100	10	30"	13m	8m	15m		50-59	100	10	36"	13m	8.5m	10.5m	Yellow
13-14 Boys	100	10	33"	13m	8.5m	10.5m	Yellow	60-69	100	10	33"	12m	8m	16m	
15-18 Girls	100	10	33"	13m	8.5m	10.5m	Yellow	70-79	80	8	30"	12m	7m	19m	
15-18 Boys	110	10	39"	13.72	9.14	14.02m	Blue	80 +	80	8	27"	12m	7m	19m	
13-14 Girls & Boys	200*	5	30"	20m	35m	40m	Green	30-49	400	10	36"	45m	35m	40m	Green
15-18 Girls	400	10	30"	45m	35m	40m	Green	50-59	400	10	33"	45m	35m	40m	Green
15-18 Boys	400	10	36"	45m	35m	40m	Green	60-69	300 **	7	30"	50m	35m	40m	Green
15-18 Girls	2000 SC	4 barriers, 1 water jump/lap	30"	No barrier in 1st 200 meters of 1st lap			Black	70-79	300 **	7	27"	50m	35m	40m	Green
15-18 Boys	2000 SC	4 barriers, 1 water jump/lap	36"	No barrier in 1st 200 meters of 1st lap			Black	80 +	200 *	5	27"	20m	35m	40m	Green
YOUTH - INDOOR								MASTERS WOMEN OUTDOOR							
11-12 Girls	50	4	30"	12m	7.5m	15.5m		30-59	3000 SC	4 barriers, 1 water jump/lap	36"	No barrier until past finish line 1st time			Black
11-12 Girls	55/60	5	30"	12m	7.5m	13 / 18m		60 +	2000 SC	4 barriers, 1 water jump/lap	30"	No barrier in 1st 200 meters of 1st lap			Black
MASTERS MEN INDOOR								MASTERS WOMEN INDOOR							
30-49	60	5	39"	13.72m	9.14m	9.72m	Blue	30-39	100	10	33"	13m	8.5m	10.5m	Yellow
50-59	60	5	36"	13m	8.5m	13m	Yellow	40-49	80	8	30"	12m	8m	12m	Black
60-69	60	5	33"	12m	8m	16m		50-59	80	8	30"	12m	7m	19m	
70-79	60	5	30"	12m	7m	20m		60 +	80	8	27"	12m	7m	19m	
80 +	60	5	27"	12m	7m	20m		30-49	400	10	30"	45m	35m	40m	Green
MASTERS WOMEN INDOOR								MASTERS WOMEN INDOOR							
30-39	60	5	33"	13m	8.5m	13m	Yellow	50-59	300 **	7	30"	50m	35m	40m	Green
40-49	60	5	30"	12m	8m	16m		60 - 69	300 **	7	27"	50m	35m	40m	Green
50-59	60	5	30"	12m	7m	20m		70 +	200 *	5	27"	20m	35m	40m	Green
60 +	60	5	27"	12m	7m	20m		All Ages	2000 SC	4 barriers, 1 water jump/lap	30"	No barrier in 1st 200 meters of 1st lap			Black
** Locations of the 300m hurdles are the same as the last 7 hurdles of the 400m hurdles.															
* Locations of the 200m hurdles are the same as the last 5 hurdles of the 400m hurdles.															