

## LATAs Recognised Track Events & Specifications

Age Group	Distance	Heights	Lead In	Distance Between	Lead Out	Number of Hurdles
Under 6	60m	Max 20cm	12 metres	7 metres	13 metres	6
Under 7	60m	Max 20cm	12 metres	7 metres	13 metres	6
Under 8	60m	45cm	12 metres	7 metres	13 metres	6
Under 9	60m	45cm	12 metres	7 metres	13 metres	6
Under 10	60m	60cm	12 metres	7 metres	13 metres	6
Under 11	80m	60cm	12 metres	7 metres	12 metres	9
Under 12	80m	68cm	12 metres	7 metres	12 metres	9
Under 13	80m	76cm	12 metres	7 metres	12 metres	9
Under 14 Girls	80m	76cm	12 metres	7 metres	12 metres	9
Under 14 Boys	90m	76cm	13 metres	8 metres	13 metres	9
Under 15 Girls	90m	76cm	13 metres	8 metres	13 metres	9
Under 15 Boys	100m	76cm	13 metres	8.5 metres	10.5 metres	10

Age Group	Distance	Heights	Lead In	Distance Between	Lead Out	Number of Hurdles
Under 13	200m	68cm	20 metres	35 metres	40 metres	5
Under 14	200m	76cm	20 metres	35 metres	40 metres	5
Under 15	300m	76cm	50 metres	35 metres	40 metres	7



# Hurdles

## Who runs what distance?

U6, U7, U8, U9, U10	60m Hurdles
U11, U12, U13, U14G	80m Hurdles
U14B, U15G	90m Hurdles
U15B	100m Hurdles
U13, U14	200m Hurdles
U15	300m Hurdles

## What is the basic technique?

Hurdling is basically an extension of running. The first leg over the hurdle is called the 'lead leg' and the second leg over is called the 'trail leg'.

**Lead leg** - **straight up** (bent knee raised to chest), **straight out** (extend the leg over the hurdle), **straight down** over the hurdle (plant the foot on the other side of the hurdle)

**Trail leg** - lift the leg to the side with heel to bottom. Pull the knee around and through to the chest, and then foot plant in the direction the athlete is running. (Some coaches like to tell their athletes to pop the balloon for this part of the action).

## When can an athlete be disqualified in hurdles?

If in the opinion of the referee, an athlete knocks down a hurdle by any means other than by accidentally hitting the hurdle with the sole of their foot.

If an athlete interferes or impedes another athlete's performance.

If an athlete goes under or around a hurdle.

If an athlete trails their foot around the side of a hurdle

If an athlete hurdles a hurdle not in their own lane.

## What are some safety considerations?

Make sure ALL hurdles are facing the right direction. Hurdles have stripes or markings on one side. These stripes or markings always need to face the athlete regardless of what direction the legs of the hurdles are pointed.

Never allow athletes to jump hurdles from the wrong direction. This is most likely to occur after athletes have been permitted a practice run through prior to their event.