

### OUTDOOR HURDLES

Distance of Race	Height of Hurdle	Distance to 1st Flight	Distance between Flights	Distance to Finish	Number of Hurdles
<b>MASTER'S EVENTS</b>					
<b>Men's 35-49 (3.6kg Toppling Weight)</b>					
110m	99.1cm	13.72cm	9.14m	14.02m	10
400m	91.4cm	45m	35m	40m	10
<b>Men's 50-59 (3.6kg Toppling Weight)</b>					
100m	91.4cm	13m	8.5m	10.5m	10
<b>Men's 50-59 (2.7kg Toppling Weight)</b>					
400m	84.0m	45m	35m	40m	10
<b>Men's 60-69 (2.7kg Toppling Weight)</b>					
100m	84.0cm	16m	8m	12m	10
300m	76.2cm	50m	35m	40m	7
<b>Men's 70-79 (2.7kg Toppling Weight)</b>					
80m	76.2m	12m	7m	19m	8
300m	68.5cm	50m	35m	40m	7
<b>Men's 80 &amp; Over (2.7kg Toppling Weight)</b>					
80m	68.5cm	12m	7m	19m	8
200m	68.5cm	20m	35m	40m	7
<b>WOMEN</b>					
<b>Women's 40-49 (2.7Kg Toppling Weight)</b>					
80m	84.0cm	12m	8m	12m	8
400m	76.2cm	45m	35m	40m	10
<b>Women's 50-59 (2.7kg Toppling Weight)</b>					
80m	76.2cm	12m	7m	19m	8
300m	76.2cm	50m	35m	40m	7
<b>Women's 60 &amp; Over (2.7kg Toppling Weight)</b>					
80m	68.5cm	12m	7m	19m	8
300m	68.5cm	50m	35m	40m	7
<b>Women's 70 &amp; Over (2.7kg Toppling Weight)</b>					
200m	68.5cm	20m	35m	40m	7