## **INDOOR**

Distance	Height	Distance	Distance	Distance	Number			
of	of	to	between	to	of			
Race	Hurdle	1st Flight	Flights	Finish	Hurdles			
MEN								
Seniors (3.6kg Toppling Weight)								
50m	106.7cm	13.72cm	9.14m	8.86m	4			
60m	106.7cm	13.72cm	9.14m	9.72m	5			
Juniors	(3.6kg Toppling Weight)							
60m	99.0cm	13.72cm	9.14m	9.72m	5			
Under 17 (2.7kg Toppling Weight)								
60m	91.4cm	13.00m	8.50m	13.00m	5			
Under 15	Under 15 (2.7kg Toppling Weight)							
60m	84.0cm	12.00m	8.00m	16.00m	5			
Under 13 (2.7kg Toppling Weight)								
Under 13	(2.7kg Tc	ppling we	eight)					
Under 13 60m	76.2cm	11.50m	7.50m	18.50m	5			
60m	<u> </u>	<u> </u>	<u> </u>	18.50m	5			
60m WOMEN	76.2cm	11.50m	7.50m		5			
60m	76.2cm	11.50m	<u> </u>		5			
60m WOMEN	76.2cm	11.50m	7.50m		4			
60m WOMEN Seniors &	76.2cm Juniors	11.50m (3.6kg To	7.50m	ight)				
60m WOMEN Seniors &	76.2cm  Juniors 84.0cm 84.0cm	11.50m (3.6kg To 13.00m	7.50m  ppling We  8.50m  8.50m	ight) 11.50m	4			
WOMEN Seniors & 50m 60m	76.2cm  Juniors 84.0cm 84.0cm (2.7kg To	11.50m (3.6kg To 13.00m 13.00m oppling We 12.00m	7.50m  ppling We 8.50m 8.50m sight) 8.00m	ight) 11.50m	4			
WOMEN Seniors & 50m 60m Under 17	76.2cm  Juniors 84.0cm 84.0cm (2.7kg To	(3.6kg To 13.00m 13.00m pppling We	7.50m  ppling We 8.50m 8.50m sight) 8.00m	ight) 11.50m 13.00m	4 5			
60m  WOMEN Seniors & 50m 60m Under 17	76.2cm  Juniors 84.0cm 84.0cm (2.7kg To	11.50m (3.6kg To 13.00m 13.00m oppling We 12.00m	7.50m  ppling We 8.50m 8.50m sight) 8.00m	ight) 11.50m 13.00m	4 5			
60m  WOMEN Seniors & 50m 60m Under 17 60m Under 15	76.2cm  Juniors  84.0cm  (2.7kg Tc  76.2cm  (2.7kg Tc  76.2cm	(3.6kg To 13.00m 13.00m pppling We 12.00m	7.50m  ppling We 8.50m 8.50m ight) 8.00m ight) 7.50m	ight) 11.50m 13.00m	4 5 5			

## Indoor 60m Hurdles Markings

	U13G	11.00m
1st	U13B, U15G	11.50m
Flight	U15B, U17W	12.00m
	U17M, S/JW	13.00m
	S/JM	13.72m
	U13G	18.00m
2nd	U13B, U15G	19.00m
Flight	U15B, U17W	20.00m
	U17M, S/JW	21.50m
	S/JM	22.86m
	U13G	25.00m
3rd	U13B, U15G	26.50m
Flight	U15B, U17W	28.00m
	U17M, S/JW	30.00m
	S/JM	32.00m
	U13G	32.00m
4th	U13B, U15G	34.00m
Flight	U15B, U17W	36.00m
	U17M, S/JW	38.50m
	S/JM	41.14m
	U13G	39.00m
5th	U13B, U15G	41.50m
Flight	U15B, U17W	44.00m
	U17M, S/JW	47.00m
	S/JM	50.28m