Accumulative Hurdle Spacing

	W30-39		W30-39		W30-39	
	100 M (33")		100 M (33")		100 M (33")	
	(Yards)	(Yards)	(Feet)	(Feet)	(Meter)	(Meter)
to 1st hurdle	14.22	14.22	42.65	42.65	13.00	13.00
to 2nd hurdle	9.30	23.51	27.89	70.54	8.50	21.50
to 3rd hurdle	9.30	32.81	27.89	98.42	8.50	30.00
to 4th hurdle	9.30	42.10	27.89	126.31	8.50	38.50
to 5th hurdle	9.30	51.40	27.89	154.20	8.50	47.00
to 6th hurdle	9.30	60.69	27.89	182.08	8.50	55.50
to 7th hurdle	9.30	69.99	27.89	209.97	8.50	64.00
to 8th hurdle	9.30	79.29	27.89	237.86	8.50	72.50
to 9th hurdle	9.30	88.58	27.89	265.74	8.50	81.00
to 10th hurdle	9.30	97.88	27.89	293.63	8.50	89.50
to finish	11.48	109.36	34.45	328.08	10.50	100.00

	W40-49		W40-49		W40-49	
	80 M (30")		80 M (30")		80 M (30")	
	(Yards)	(Yards)	(Feet)	(Feet)	(Meter)	(Meter)
to 1st hurdle	13.12	13.12	39.37	39.37	12.00	12.00
to 2nd hurdle	8.75	21.87	26.25	65.62	8.00	20.00
to 3rd hurdle	8.75	30.62	26.25	91.86	8.00	28.00
to 4th hurdle	8.75	39.37	26.25	118.11	8.00	36.00
to 5th hurdle	8.75	48.12	26.25	144.36	8.00	44.00
to 6th hurdle	8.75	56.87	26.25	170.60	8.00	52.00
to 7th hurdle	8.75	65.62	26.25	196.85	8.00	60.00
to 8th hurdle	8.75	74.36	26.25	223.09	8.00	68.00
to 9th hurdle						
to 10th hurdle						
to finish	13.12	87.49	39.37	262.46	12.00	80.00

	W50-59		W50-59		W50-59	
	80 M (30")		80 M (30")		80 M (30")	
	(Yards)	(Yards)	(Feet)	(Feet)	(Meter)	(Meter)
to 1st hurdle	13.12	13.12	39.37	39.37	12.00	12.00
to 2nd hurdle	7.66	20.78	22.97	62.34	7.00	19.00
to 3rd hurdle	7.66	28.43	22.97	85.30	7.00	26.00
to 4th hurdle	7.66	36.09	22.97	108.27	7.00	33.00
to 5th hurdle	7.66	43.74	22.97	131.23	7.00	40.00
to 6th hurdle	7.66	51.40	22.97	154.20	7.00	47.00
to 7th hurdle	7.66	59.05	22.97	177.16	7.00	54.00
to 8th hurdle	7.66	66.71	22.97	200.13	7.00	61.00
to 9th hurdle						
to 10th hurdle						
to finish	20.78	87.49	62.34	262.46	19.00	80.00

	W60 +	
	80 M (27")	
	(Yards)	(Yards)
to 1st hurdle	13.12	13.12
to 2nd hurdle	7.66	20.78
to 3rd hurdle	7.66	28.43
to 4th hurdle	7.66	36.09
to 5th hurdle	7.66	43.74
to 6th hurdle	7.66	51.40
to 7th hurdle	7.66	59.05
to 8th hurdle	7.66	66.71
to 9th hurdle		
to 10th hurdle		
to finish	20.78	87.49

W60 +		W60 +	
80 M (27")		80 M (27")	
(Feet)	(Feet)	(Meter)	(Meter)
39.37	39.37	12.00	12.00
22.97	62.34	7.00	19.00
22.97	85.30	7.00	26.00
22.97	108.27	7.00	33.00
22.97	131.23	7.00	40.00
22.97	154.20	7.00	47.00
22.97	177.16	7.00	54.00
22.97	200.13	7.00	61.00
62.34	262.46	19.00	80.00

Accumulative Hurdle Spacing

	M30-39		M30-39		M30-39	
	110 M (39")		110 M (39")		110 M (39")	
	(Yards)	(Yards)	(Feet)	(Feet)	(Meter)	(Meter)
to 1st hurdle	15.00	15.00	45.01	45.01	13.72	13.72
to 2nd hurdle	10.00	25.00	29.99	75.00	9.14	22.86
to 3rd hurdle	10.00	35.00	29.99	104.99	9.14	32.00
to 4th hurdle	10.00	44.99	29.99	134.97	9.14	41.14
to 5th hurdle	10.00	54.99	29.99	164.96	9.14	50.28
to 6th hurdle	10.00	64.98	29.99	194.95	9.14	59.42
to 7th hurdle	10.00	74.98	29.99	224.93	9.14	68.56
to 8th hurdle	10.00	84.97	29.99	254.92	9.14	77.70
to 9th hurdle	10.00	94.97	29.99	284.90	9.14	86.84
to 10th hurdle	10.00	104.96	29.99	314.89	9.14	95.98
to finish	15.33	120.30	46.00	360.89	14.02	110.00

	M40-49		M40-49		M40-49	
	110 M (39")		110 M (39")		110 M (39")	
	(Yards)	(Yards)	(Feet)	(Feet)	(Meter)	(Meter)
to 1st hurdle	15.00	15.00	45.01	45.01	13.72	13.72
to 2nd hurdle	10.00	25.00	29.99	75.00	9.14	22.86
to 3rd hurdle	10.00	35.00	29.99	104.99	9.14	32.00
to 4th hurdle	10.00	44.99	29.99	134.97	9.14	41.14
to 5th hurdle	10.00	54.99	29.99	164.96	9.14	50.28
to 6th hurdle	10.00	64.98	29.99	194.95	9.14	59.42
to 7th hurdle	10.00	74.98	29.99	224.93	9.14	68.56
to 8th hurdle	10.00	84.97	29.99	254.92	9.14	77.70
to 9th hurdle	10.00	94.97	29.99	284.90	9.14	86.84
to 10th hurdle	10.00	104.96	29.99	314.89	9.14	95.98
to finish	15.33	120.30	46.00	360.89	14.02	110.00

	M50-59		M50-59		M50-59	
	100 M (36")		100 M (36")		100 M (36")	
	(Yards)	(Yards)	(Feet)	(Feet)	(Meter)	(Meter)
to 1st hurdle	14.22	14.22	42.65	42.65	13.00	13.00
to 2nd hurdle	9.30	23.51	27.89	70.54	8.50	21.50
to 3rd hurdle	9.30	32.81	27.89	98.42	8.50	30.00
to 4th hurdle	9.30	42.10	27.89	126.31	8.50	38.50
to 5th hurdle	9.30	51.40	27.89	154.20	8.50	47.00
to 6th hurdle	9.30	60.69	27.89	182.08	8.50	55.50
to 7th hurdle	9.30	69.99	27.89	209.97	8.50	64.00
to 8th hurdle	9.30	79.29	27.89	237.86	8.50	72.50
to 9th hurdle	9.30	88.58	27.89	265.74	8.50	81.00
to 10th hurdle	9.30	97.88	27.89	293.63	8.50	89.50
to finish	11.48	109.36	34.45	328.08	10.50	100.00

	M60-69		M60-69		M60-69	year-2017
	100 M (33")		100 M (33")		100 M (33")	
	(Yards)	(Yards)	(Feet)	(Feet)	(Meter)	(Meter)
to 1st hurdle	13.12	13.12	39.37	39.37	12.00	12.00
to 2nd hurdle	8.75	21.87	26.25	65.62	8.00	20.00
to 3rd hurdle	8.75	30.62	26.25	91.86	8.00	28.00
to 4th hurdle	8.75	39.37	26.25	118.11	8.00	36.00
to 5th hurdle	8.75	48.12	26.25	144.36	8.00	44.00
to 6th hurdle	8.75	56.87	26.25	170.60	8.00	52.00
to 7th hurdle	8.75	65.62	26.25	196.85	8.00	60.00
to 8th hurdle	8.75	74.36	26.25	223.09	8.00	68.00
to 9th hurdle	8.75	83.11	26.25	249.34	8.00	76.00
to 10th hurdle	8.75	91.86	26.25	275.59	8.00	84.00
to finish	17.50	109.36	52.49	328.08	16.00	100.00

Accumulative Hurdle Spacing

	M70-79		M70-79		M70-79	
	80 M (30")		80 M (30")		80 M (30")	
	(Yards)	(Yards)	(Feet)	(Feet)	(Meter)	(Meter)
to 1st hurdle	13.12	13.12	39.37	39.37	12.00	12.00
to 2nd hurdle	7.66	20.78	22.97	62.34	7.00	19.00
to 3rd hurdle	7.66	28.43	22.97	85.30	7.00	26.00
to 4th hurdle	7.66	36.09	22.97	108.27	7.00	33.00
to 5th hurdle	7.66	43.74	22.97	131.23	7.00	40.00
to 6th hurdle	7.66	51.40	22.97	154.20	7.00	47.00
to 7th hurdle	7.66	59.05	22.97	177.16	7.00	54.00
to 8th hurdle	7.66	66.71	22.97	200.13	7.00	61.00
to 9th hurdle						
to 10th hurdle						
to finish	20.78	87.49	62.34	262.46	19.00	80.00

	M80 +		M80 +		M80 +	
	80 M (27")		80 M (27")		80 M (27")	
	(Yards)	(Yards)	(Feet)	(Feet)	(Meter)	(Meter)
to 1st hurdle	13.12	13.12	39.37	39.37	12.00	12.00
to 2nd hurdle	7.66	20.78	22.97	62.34	7.00	19.00
to 3rd hurdle	7.66	28.43	22.97	85.30	7.00	26.00
to 4th hurdle	7.66	36.09	22.97	108.27	7.00	33.00
to 5th hurdle	7.66	43.74	22.97	131.23	7.00	40.00
to 6th hurdle	7.66	51.40	22.97	154.20	7.00	47.00
to 7th hurdle	7.66	59.05	22.97	177.16	7.00	54.00
to 8th hurdle	7.66	66.71	22.97	200.13	7.00	61.00
to 9th hurdle						
to 10th hurdle						
to finish	20.78	87.49	62.34	262.46	19.00	80.00