## Accumulative Hurdle Spacing

|  | W30-39 |  | W30-39 |  | W30-39 |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | 100 M (33") |  | 100 M (33") |  | $100 \mathrm{M} \mathrm{(33")}$ |  |
|  | (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 |  |
| :---: | :---: | :---: |
|  | $80 \mathrm{M}\left(300^{\prime}\right)$ |  |
|  | (Yards) | (Yards) |
| to 1st hurdle | 13.12 | 13.12 |
| to 2nd hurdle | 8.75 | 21.87 |
| to 3rd hurdle | 8.75 | 30.62 |
| to 4th hurdle | 8.75 | 39.37 |
| to 5th hurdle | 8.75 | 48.12 |
| to 6th hurdle | 8.75 | 56.87 |
| to 7th hurdle | 8.75 | 65.62 |
| to 8th hurdle | 8.75 | 74.36 |
| to 9th hurdle | --- | --- |
| to 10th hurdle | --- | --- |
| to finish | 13.12 | 87.49 |


| W40-49 |  | W40-49 |  |
| :---: | :---: | :---: | :---: |
| 80 M (30") |  | 80 M (30") |  |
| (Feet) | (Feet) | (Meter) | (Meter) |
| 39.37 | 39.37 | 12.00 | 12.00 |
| 26.25 | 65.62 | 8.00 | 20.00 |
| 26.25 | 91.86 | 8.00 | 28.00 |
| 26.25 | 118.11 | 8.00 | 36.00 |
| 26.25 | 144.36 | 8.00 | 44.00 |
| 26.25 | 170.60 | 8.00 | 52.00 |
| 26.25 | 196.85 | 8.00 | 60.00 |
| 26.25 | 223.09 | 8.00 | 68.00 |
| --- | --- | --- | --- |
| --- | --- | --- | --- |
| 39.37 | 262.46 | 12.00 | 80.00 |


|  | W50-59 |  |
| :---: | :---: | :---: |
|  | $80 \mathrm{M}(30$ ") |  |
|  | (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 |


| W50-59 |  |
| :---: | :---: |
| $80 \mathrm{M}(30$ ") |  |
| (Feet) | (Feet) |
| 39.37 | 39.37 |
| 22.97 | 62.34 |
| 22.97 | 85.30 |
| 22.97 | 108.27 |
| 22.97 | 131.23 |
| 22.97 | 154.20 |
| 22.97 | 177.16 |
| 22.97 | 200.13 |
| --- | --- |
| --- | --- |
| 62.34 | 262.46 |


|  | W50-59 |  |
| :---: | :---: | :---: |
|  | $80 \mathrm{M}(30 ")$ |  |
|  | (Meter) | (Meter) |
| 12.00 | 12.00 |  |
|  | 7.00 | 19.00 |
|  | 7.00 | 26.00 |
|  | 7.00 | 33.00 |
|  | 7.00 | 40.00 |
|  | 7.00 | 54.00 |
|  | 7.00 | 61.00 |
| --- | -- |  |
|  | -- |  |


|  | W60 + |  |
| :---: | :---: | :---: |
|  | $80 \mathrm{M}\left(27{ }^{\prime \prime}\right)$ |  |
|  | (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 + |  |
| :---: | :---: | :---: | :---: | :---: |
| $80 \mathrm{M} \mathrm{(27")}$ |  |  | $80 \mathrm{M}\left(27^{\prime \prime}\right)$ |  |
| (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 |  |
| :---: | :---: | :---: |
|  | $110 \mathrm{M} \mathrm{(39")}$ |  |
|  | (Yards) | (Yards) |
| to 1st hurdle | 15.00 | 15.00 |
| to 2nd hurdle | 10.00 | 25.00 |
| to 3rd hurdle | 10.00 | 35.00 |
| to 4th hurdle | 10.00 | 44.99 |
| to 5th hurdle | 10.00 | 54.99 |
| to 6th hurdle | 10.00 | 64.98 |
| to 7th hurdle | 10.00 | 74.98 |
| to 8th hurdle | 10.00 | 84.97 |
| to 9th hurdle | 10.00 | 94.97 |
| to 10th hurdle | 10.00 | 104.96 |
| to finish | 15.33 | 120.30 |


| $\mathrm{M} 40-49$ |  |  | $\mathrm{M} 40-49$ |  |
| :---: | :---: | :---: | :---: | :---: |
| 110 M (39") |  |  | $110 \mathrm{M}(39 ")$ |  |
| (Feet) | (Feet) |  | (Meter) | (Meter) |
| 45.01 | 45.01 |  | 13.72 | 13.72 |
| 29.99 | 75.00 |  | 9.14 | 22.86 |
| 29.99 | 104.99 |  | 9.14 | 32.00 |
| 29.99 | 134.97 |  | 9.14 | 41.14 |
| 29.99 | 164.96 |  | 9.14 | 50.28 |
| 29.99 | 194.95 |  | 9.14 | 59.42 |
| 29.99 | 224.93 |  | 9.14 | 68.56 |
| 29.99 | 254.92 |  | 9.14 | 77.70 |
| 29.99 | 284.90 |  | 9.14 | 86.84 |
| 29.99 | 314.89 |  | 9.14 | 95.98 |
| 46.00 | 360.89 |  | 14.02 | 110.00 |


|  | M50-59 |  |
| :---: | :---: | :---: |
|  | $100 \mathrm{M} \mathrm{(36")}$ |  |
|  | (Yards) | (Yards) |
| to 1st hurdle | 14.22 | 14.22 |
| to 2nd hurdle | 9.30 | 23.51 |
| to 3rd hurdle | 9.30 | 32.81 |
| to 4th hurdle | 9.30 | 42.10 |
| to 5th hurdle | 9.30 | 51.40 |
| to 6th hurdle | 9.30 | 60.69 |
| to 7th hurdle | 9.30 | 69.99 |
| to 8th hurdle | 9.30 | 79.29 |
| to 9th hurdle | 9.30 | 88.58 |
| to 10th hurdle | 9.30 | 97.88 |
| to finish | 11.48 | 109.36 |


| M50-59 |  |  | $\mathrm{M} 50-59$ |  |
| :---: | :---: | :---: | :---: | :---: |
|  |  |  | $100 \mathrm{M}(36 ")$ |  |
|  | (Feet) | (Feet) |  | (Meter) |
| 42.65 | 42.65 |  | 13.00 | (Meter) |
| 27.89 | 70.54 |  | 8.50 | 21.50 |
| 27.89 | 98.42 |  | 8.50 | 30.00 |
| 27.89 | 126.31 |  | 8.50 | 38.50 |
| 27.89 | 154.20 |  | 8.50 | 47.00 |
| 27.89 | 182.08 |  | 8.50 | 55.50 |
| 27.89 | 209.97 |  | 8.50 | 64.00 |
| 27.89 | 237.86 |  | 8.50 | 72.50 |
| 27.89 | 265.74 |  | 8.50 | 81.00 |
| 27.89 | 293.63 |  | 8.50 | 89.50 |
| 34.45 | 328.08 |  | 10.50 | 100.00 |


|  | M60-69 |  | M60-69 |  | M60-69 | year-2017 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | $100 \mathrm{M} \mathrm{(33")}$ |  | $100 \mathrm{M} \mathrm{(33")}$ |  | $100 \mathrm{M} \mathrm{(33")}$ |  |
|  | (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 |


|  | M70-79 |  | M70-79 |  | M70-79 |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | $80 \mathrm{M} \mathrm{(30")}$ |  | $80 \mathrm{M} \mathrm{(30")}$ |  | $80 \mathrm{M} \mathrm{(30")}$ |  |
|  | (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 + |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | $80 \mathrm{M} \mathrm{(27")}$ |  | $80 \mathrm{M} \mathrm{(27")}$ |  | $80 \mathrm{M} \mathrm{(27")}$ |  |
|  | (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 |

