

Masters: Shuttle Hurdle Relay: Year 2025 (but not 2026)**Accumulative Hurdle Spacing**

Year 2025 (BUT NOT 2026)

W25-39 at 33" M50-59 at 36"	Year 2025 (NOT 2026)		Normal Up	SHR Return	SHR = Shuttle Hurdle Relay		
	(Meter)	(Meter)			SHR Return (Meter)	SHR delta (Meter)	SHR delta (Feet)
Yellow Mark							
Start	0.00	0.00			100.00	2.50	8.20
to 1st hurdle	13.00	13.00	13.00	10.50	10.50		
to 2nd hurdle	8.50	21.50			19.00		
to 3rd hurdle	8.50	30.00			27.50		
to 4th hurdle	8.50	38.50			36.00		
to 5th hurdle	8.50	47.00			44.50		
to 6th hurdle	8.50	55.50			53.00		
to 7th hurdle	8.50	64.00			61.50		
to 8th hurdle	8.50	72.50			70.00		
to 9th hurdle	8.50	81.00			78.50		
to 10th hurdle	8.50	89.50	10.50	13.00	87.00		
to finish	10.50	100.00			100.00		

Accumulative Hurdle Spacing

Year 2025 (BUT NOT 2026)

W40-49 at 30"

Year 2025 (NOT 2026)

SHR = Shuttle Hurdle Relay

Green Mark	80 M (30")		Normal Up	SHR Return	SHR Return	SHR delta	SHR delta
	(Meter)	(Meter)			(Meter)	(Meter)	(Feet)
Start	0.00	0.00			80.00	0.00	0.00
to 1st hurdle	12.00	12.00	12.00	12.00			
to 2nd hurdle	8.00	20.00					
to 3rd hurdle	8.00	28.00					
to 4th hurdle	8.00	36.00					
to 5th hurdle	8.00	44.00					
to 6th hurdle	8.00	52.00					
to 7th hurdle	8.00	60.00					
to 8th hurdle	8.00	68.00	12.00	12.00			
to 9th hurdle	---	---					
to 10th hurdle	---	---					
to finish	12.00	80.00					

Accumulative Hurdle Spacing

Year 2025 (BUT NOT 2026)

M80+ at 27"

M70-79 at 30"

W60+ at 27"

W50-59 at 30"

Year 2025 (NOT 2026)

SHR = Shuttle Hurdle Relay

Red Mark	80 M	
	(Meter)	(Meter)
Start	0.00	0.00
to 1st hurdle	12.00	12.00
to 2nd hurdle	7.00	19.00
to 3rd hurdle	7.00	26.00
to 4th hurdle	7.00	33.00
to 5th hurdle	7.00	40.00
to 6th hurdle	7.00	47.00
to 7th hurdle	7.00	54.00
to 8th hurdle	7.00	61.00
to 9th hurdle	---	---
to 10th hurdle	---	---
to finish	19.00	80.00

Normal
Up

SHR
Return

SHR Return	SHR delta	SHR delta
(Meter)	(Meter)	(Feet)
80.00	7.00	22.97

12.00

19.00

19.00

12.00

Accumulative Hurdle Spacing

Year 2025 (BUT NOT 2026)

M25-49 at 39"

Year 2025 (NOT 2026)

Blue Mark	110 M (39")	
	(Meter)	(Meter)
Start	0.00	0.00
to 1st hurdle	13.72	13.72
to 2nd hurdle	9.14	22.86
to 3rd hurdle	9.14	32.00
to 4th hurdle	9.14	41.14
to 5th hurdle	9.14	50.28
to 6th hurdle	9.14	59.42
to 7th hurdle	9.14	68.56
to 8th hurdle	9.14	77.70
to 9th hurdle	9.14	86.84
to 10th hurdle	9.14	95.98
to finish	14.02	110.00

Normal
UpSHR
Return

SHR = Shuttle Hurdle Relay

SHR Return	SHR delta	SHR delta
(Meter)	(Meter)	(Feet)
110.00	0.30	0.98

13.72

14.02

14.02

13.72

Accumulative Hurdle Spacing

Year 2025 (BUT NOT 2026)

M60-69 at 30"

Year 2025 (NOT 2026)

Black Mark	100 M at 30"	
	(Meter)	(Meter)
Start	0.00	0.00
to 1st hurdle	12.00	12.00
to 2nd hurdle	8.00	20.00
to 3rd hurdle	8.00	28.00
to 4th hurdle	8.00	36.00
to 5th hurdle	8.00	44.00
to 6th hurdle	8.00	52.00
to 7th hurdle	8.00	60.00
to 8th hurdle	8.00	68.00
to 9th hurdle	8.00	76.00
to 10th hurdle	8.00	84.00
to finish	16.00	100.00

Normal
UpSHR
Return

SHR = Shuttle Hurdle Relay

SHR Return	SHR delta	SHR delta
(Meter)	(Meter)	(Feet)
100.00	4.00	13.12

12.00

16.00

16.00

12.00