

USATF HURDLE HEIGHTS & INTERVALS

Division	Distance	Hurdles	Height	To First	Interval	To Finish
11-12 GB	80m	8	30"	12m	7.5m	15.5m
13-14 Girls	100m	10	30"	13m	8.0m	15.0m
13-14 Boys	100m	10	33"	13m	8.5m	10.5m
15-16/17-18 G	100m	10	33"	13m	8.5m	10.5m
15-16/17-18 B	110m	10	39"	13.72m	9.14m	14.02m
19-29						
Men	110m	10	42"	13.72m	9.14m	14.02m
Women	100m	10	33"	13m	8.5m	10.5m
MASTERS WOMEN						
30-39	100m	10	33"	13.00m	8.50m	10.50m
40-49	80m	8	30"	12.00m	8.00m	12.00m
50-59	80m	8	30"	12.00m	7.00m	19.00m
60 +	80m	8	27"	12.00m	7.00m	19.00m
MASTERS MENS						
30-49	110m	10	39"	13.72m	9.14m	14.02m
50-59	100m	10	36"	13.00m	8.50m	10.50m
60-69	100m	10	33"	12.00m	8.00m	16.00m
70-79	80m	8	30"	12.00m	7.00m	19.00m
80 +	80m	8	27"	12.00m	7.00m	19.00m

Schedule by Ages, Heights & Intervals for SSG:

80m/27": 60+W, 80+M – 12m/7m/19m

80m/30": 50-59W, 70-79M – 12m/7m/19m

80m/30": 11-12GB – 12m/7.5m/15.5m

80m/30": 40-49W – 12m/8m/12m

100m/30": 13-14G – 13m/8m/15m

100m/33": 13-14B, 15-18G, 19-29W, 30-39W – 13m/8.5m/10.5m

100m/33": 60-69M – 12m/8m/16m

100m/36": 50-59M – 13m/8.5m/10.5m

110m/39": 15-18B, 30-49M – 13.72m/9.14m/14.02m

110m/42": 19-29M – 13.72m/9.14m/14.02m