

MASTERS HURDLE SPECIFICATIONS**WOMEN**

				# of	Meters	Between	Meters
	Age Div.	Race	Height	Hurdles	To First	Hurdles	To Finish
Indoor	35-39	60m	0.84	5	13	8.5	13
	40-49	60m	0.762	5	12	8	16
	50-59	60m	0.762	5	12	7	20
Short	35-39	100m	0.84	10	13	8.5	10.5
	40-49	80m	0.762	8	12	8	12
	50-59	80m	0.762	8	12	7	19
	60+	80m	0.686	8	12	7	19
Long	35-49	400m	0.762	10	45	35	40
	50-59	300m	0.762	7	50	35	40
	60-69	300m	0.686	7	50	35	40
	70+	200m	0.686	5	20	35	40

MEN

Indoor	35-49	60m	0.991	5	13.72	9.14	9.72
	50-59	60m	0.914	5	13	8.5	13
	60-69	60m	0.84	5	12	8	16
	70-79	60m	0.762	5	12	7	20
	80+	60m	0.686	5	12	7	20
Short	35-49	110m	0.991	10	13.72	9.14	14.02
	50-59	100m	0.914	10	13	8.5	10.5
	60-69	100m	0.84	10	12	8	16
	70-79	80m	0.762	8	12	7	19
	80+	80m	0.686	8	12	7	19
Long	35-49	400m	0.914	10	45	35	40
	50-59	400m	0.84	10	45	35	40
	60-69	300m	0.762	7	50	35	40
	70-79	300m	0.686	7	50	35	40
	80+	200m	0.686	5	20	35	40