

Masters Athletics Hurdle Trial Specifications

Age Group	Race	Height	To 1 st Hurdle	Between Hurdles	To Finish	Number Hurdles	Track Markings
Women							
30-39	100mts	84.0cm	13.0m	8.5m	10.5m	10	Yellow
40-44	90m	76.2cm	13.0m	8.0m	13.0m	9	White
45-49	90m	76.2cm	13.0m	7.5m	17.0m	9	Nil
50-59	80m	68.6cm	12.0m	7.0m	19.0m	8	Black
60-69	80m	60.0cm	12.0m	7.0m	19.0m	8	Black
70+	60m	60.0cm	13.0m	7.0m	12.0m	6	Black
Men							
30-44	400m	76.2cm	45.0m	35.0m	40.0m	10	Green
45-49	300m	76.2cm	50.0m	35.0m	40.0m	7	Green
50-59	300m	68.6cm	50.0m	35.0m	40.0m	7	Green
60-64	300m	60.0cm	50.0m	35.0m	40.0m	7	Green
65 plus	200m	60.0cm	20.0m	35.0m	40.0m	5	Green
Men							
30-39	110m	99.1cm	13.72m	9.14m	14.02m	10	Blue
40-54	100m	91.4cm	13.0m	8.50m	10.5m	10	Yellow
55-59	90m	84.0cm	13.0m	8.0m	13.0m	9	White
60-64	90m	84.0cm	13.0m	7.5m	17.0m	9	Nil
65-74	80m	76.2cm	12.0m	7.0m	19.0m	8	Black
75 +	60m	68.6cm	13.0m	7.0m	12.0m	6	Black
Men							
30-49	400m	91.4cm	45.0m	35.0m	40.0m	10	Green
50-54	400m	84.0cm	45.0m	35.0m	40.0m	10	Green
55-59	300m	84.0cm	50.0m	35.0m	40.0m	7	Green
60-69	300m	76.2cm	50.0m	35.0m	40.0m	7	Green
70-74	300m	68.6cm	50.0m	35.0m	40.0m	7	Green
75 plus	200m	68.6cm	20.0m	35.0m	40.0m	5	Green