

### 300 Meter Hurdle Touchdown Times

Touchdown time refers to the time on the clock when the lead leg touches the ground when racing over a hurdle. Below are the touchdown times for hurdles 1, 3, and 5 for the 300 meter hurdles for goal times of 55 seconds down to 38 seconds. Keeping track of touchdown times is a great way to check where the athlete may be going too hard or backing off too much during a race or workout.

#### 300 Meter Hurdles

Goal Time	H 1	H 3	H 5
38.0	6.00	14.45	22.89
39.0	6.16	14.83	23.50
40.0	6.32	15.21	24.10
41.0	6.48	15.59	24.70
42.0	6.64	15.97	25.30
43.0	6.79	16.35	25.91
44.0	6.95	16.73	26.51
45.0	7.11	17.11	27.11
46.0	7.27	17.49	27.71
47.0	7.43	17.87	28.32
48.0	7.58	18.25	28.92
49.0	7.74	18.63	29.52
50.0	7.90	19.01	30.12
51.0	8.06	19.39	30.73
52.0	8.22	19.77	31.33
53.0	8.38	20.15	31.93
54.0	8.53	20.53	32.53
55.0	8.69	20.91	33.14