High School Hurdle Measurements & Distances

**Girls 100 Meter High Hurdles:**
- Hurdle Height: 33 inches
- # of total hurdles: 10
- Start line: Same as 100m
- Finish line: Same as 100m
- Start to hurdle 1: 13m
- Distance between hurdles 1-10: 8.5m
- Distance from hurdle 10 to finish: 10.5m
- Competition Level: Measurements universal for all competition levels.

**Boys 110m High Hurdles:**
- Hurdle Height: 39 inches
- # of total hurdles: 10
- Start line: 10 meters back from 100m start
- Finish line: Same as 100m
- Start to hurdle 1: 13.72m
- Distance between hurdles 1-10: 9.14m
- Distance from hurdle 10 to finish: 14.01m
- Competition Level: Varsity & JV measurements. Hurdle height and/or race distance may vary for frosh races. Recommend 110m intermediate (36 inches) for frosh races.

**Girls 300 Meter Low Hurdles:**
- Hurdle Height: 30 inches
- # of total hurdles: 8
- Start line: Staggered by lanes at the beginning of the back straightaway.
- Finish line: Same as 100m
- Start to hurdle 1: 45m
- Distance between hurdles 1-10: 35m
- Distance from hurdle 10 to finish: 10m
- Competition Level: Measurements universal for all competition levels.

**Boys 300 Meter Low Hurdles:**
- Hurdle Height: 36 inches
- # of total hurdles: 8
- Start line: Staggered by lanes at the beginning of the back straightaway.
- Finish line: Same as 100m
- Start to hurdle 1: 45m
- Distance between hurdles 1-10: 35m
- Distance from hurdle 10 to finish: 10m
- Competition Level: Varsity & JV measurements. Hurdle height should be 30 inches for frosh boys. All other measurements remain the same.