Hurdles Distances

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| Age Category | Race Length | Hurdle Height | Distance from Start Line to First Hurdle | Distance Between Hurdles | Distance from Last Hurdle to Finish Line |
| Bantam Girls | 80m | 30” | 12m | 7.5m | 15.5m |
| Midget Girls | 80m | 30” | 12m | 7.5m | 15.5m |
| Junior Girls | 80m | 30” | 12m | 8m | 12m |
| Senior Girls | 80m | 30” | 12m | 8m | 12m |
| Bantam Boys | 80m | 30” | 12m | 8m | 12m |
| Midget Boys | 100m | 30” | 13m | 8.5m | 10.5m |
| Junior Boys | 100m | 33” | 13m | 8.5m | 10.5m |
| Senior Boys | 100m | 36” | 13m | 8.5m | 10.5m |