

## IOWA HURDLE PLACEMENT AND HEIGHT

<b><u>Girls Indoor</u></b>	<b>Number</b>	<b>Height</b>	<b>To 1st</b>	<b>Between</b>	<b>Last to Finish</b>
H.S. 55 m	5	33"	13m	8.5m	8m
H.S. 60 m	5	33"	13m	8.5m	8m
<b><u>Boys Indoor</u></b>					
H.S. 55 m	5	39"	13.72m	9.14m	4.72m
H.S. 60 m	5	39"	13.72m	9.14m	9.72m
<b><u>Girls Outdoor</u></b>					
Jr High 100 m	10	30"	13m	8.5m	10.5m
Jr High 200 m	4	30"	55m	35m	40m
H.S. 100 m	10	33"	13m	8.5m	10.5m
H.S. 400 m	10	30"	45m	35m	40m
<b><u>Boys Outdoor</u></b>					
Jr High 100 m	10	30"	13m	8.5m	10.5m
Jr High 200 m	4	30"	55m	35m	40m
H.S. 110 m	10	39"	13.72m	9.14m	14.02m
H.S. 400 m	10	30"	45m	35m	40m
<b><u>Girls SH Relay</u></b>					
Jr High (102.5m x 4)	10	30"	13m	8.5m	13m
H.S. (102.5m x 4)	10	33"	13m	8.5m	13m
<b><u>Boys SH Relay</u></b>					
Jr High (102.5m x 4)	10	30"	13m	8.5m	13m
H.S. (109.7m x 4)	10	36"	13.72m	9.14m	13.72m

**If a common finish line is used for every running event in a meet** (Required for state qualifying meets), a separate set of hurdle marks must be used for each flight of hurdles in the shuttle hurdle relays. For the junior high shuttle hurdle relay and the high school girls shuttle hurdle relay, the hurdle marks shall be 2.5 meters farther away from the common finish line than the regular 100m hurdle marks. The start line for the 2nd and 4th relay runners shall also be 2.5 meters farther away from the common finish line than the normal 100m start line. Instead of being 100 meters, each leg of the relay will be 102.5 meters.

For the high school boys shuttle hurdle relay the hurdle marks must be 11 13/16 inches closer to the common finish line than the regular 110m hurdle marks. The start line for the 2nd and 4th relay runners shall also be 11 13/16 inches closer to the finish line than the normal 110m hurdle start line. Instead of being 110 meters, each leg of the relay will be 109.7 meters.

**If a common finish line is NOT used for every running event in a meet**, the regular hurdle marks for the 100m hurdle event can be used for the junior high boys and girls shuttle hurdle relays and the high school girls shuttle hurdle relay. However, the start line for 1st & 3rd runners (also serves as the finish line for this race) must then be located 2.5m outside (beyond) the normal finish line. Instead of 100 meters, each leg of the relay will be 102.5 meters.

The regular hurdle marks for the 110m hurdle event can be used for the high school boys shuttle hurdle relay, but the start line for the 1st & 3rd runners (also serves as the finish line for this race) must be located 11 13/16 inches before the normal finish line. Instead of 110 meters, each leg of the relay will be 109.7 meters.

**(Remember: SHR runners 1 & 3 always run in odd numbered lanes, runners 2 & 4 always run in even numbered lanes, and there must be a 1 meter break-line mark for incoming runners in the appropriate lanes.)**

Iowa schools that compete in meets outside of Iowa are likely to find that the junior high boys will run 110m hurdles set at 33", high school boys will run 300m hurdles set at 36" and high school girls will run 300m hurdles set at 30".

1/9/23