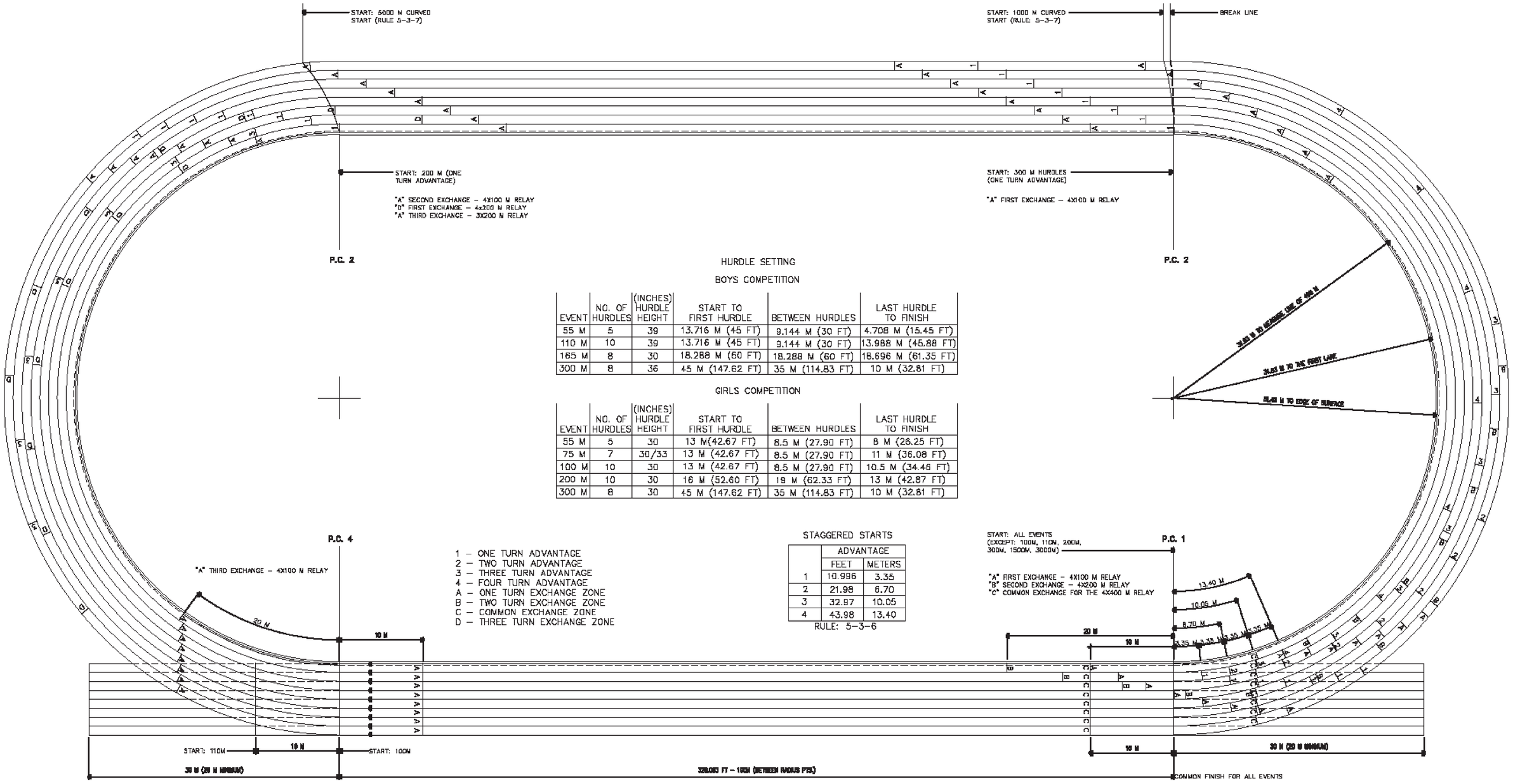
TRACK AND FIELD: COURT AND FIELD DIAGRAM GUIDE



HURDLE SETTING

BOYS COMPETITION

EVENT	NO. OF HURDLES	(INCHES) HURDLE HEIGHT	START TO FIRST HURDLE	BETWEEN HURDLES	LAST HURDLE TO FINISH
55 M	5	39	13.716 M (45 FT)	9.144 M (30 FT)	4.708 M (15.45 FT)
110 M	10	39	13.716 M (45 FT)	9.144 M (30 FT)	13.988 M (45.88 FT)
165 M	8	30	18.288 M (60 FT)	18.288 M (60 FT)	18.696 M (61.35 FT)
300 M	8	36	45 M (147.62 FT)	35 M (114.83 FT)	10 M (32.81 FT)

GIRLS COMPETITION

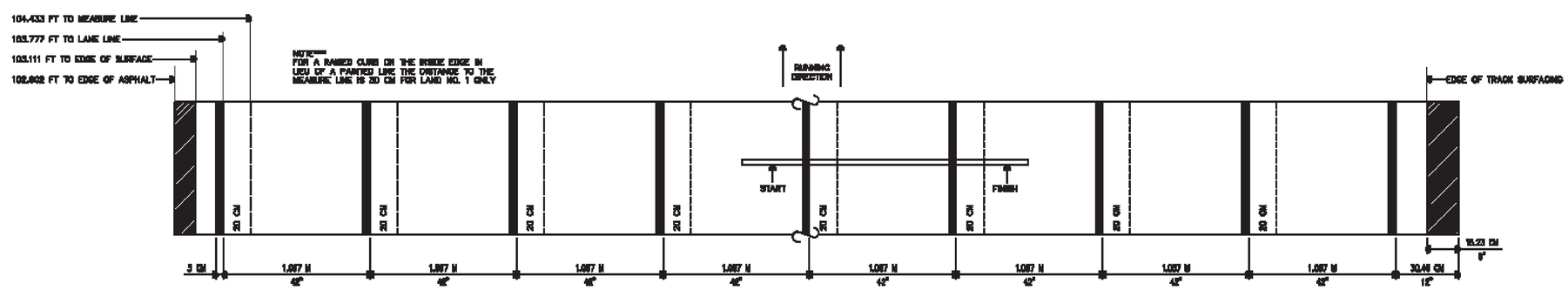
EVENT	NO. OF HURDLES	(INCHES) HURDLE HEIGHT	START TO FIRST HURDLE	BETWEEN HURDLES	LAST HURDLE TO FINISH
55 M	5	30	13 M(42.67 FT)	8.5 M (27.90 FT)	8 M (26.25 FT)
75 M	7	30/33	13 M (42.67 FT)	8.5 M (27.90 FT)	11 M (36.08 FT)
100 M	10	30	13 M (42.67 FT)	8.5 M (27.90 FT)	10.5 M (34.46 FT)
200 M	10	30	16 M (52.60 FT)	19 M (62.33 FT)	13 M (42.87 FT)
300 M	8	30	45 M (147.62 FT)	35 M (114.83 FT)	10 M (32.81 FT)

1 – ONE TURN ADVANTAGE
2 – TWO TURN ADVANTAGE
3 – THREE TURN ADVANTAGE
4 – FOUR TURN ADVANTAGE
A – ONE TURN EXCHANGE ZONE
B – TWO TURN EXCHANGE ZONE
C – COMMON EXCHANGE ZONE
D – THREE TURN EXCHANGE ZONE

STAGGERED STARTS

	ADVANTAGE	
	FEET	METERS
1	10.996	3.35
2	21.98	6.70
3	32.97	10.05
4	43.98	13.40

RULE: 5–3–6

SLOPE REQUIREMENTS:

LATERAL – 2:100 (RECOMMENDED ALL LANES TO THE INSIDE)
RUNNING DIRECTION – 1:1000