

Hurdle Crew

Role

To place all needed hurdles on the track at their proper height and location at least 5 minutes prior to the start of each race and to remove the hurdles quickly immediately following the last heat requiring the hurdles.

Considerations, Tips and Techniques

1. **Supervisor.** Designate an individual to supervise the hurdle crew.
2. **Schedule with Location/Height Description.** The crew should be provided with an event schedule and listing of the proper locations (e.g., color of the track marking) and heights for each hurdle event.
3. **Setting Hurdles.** In setting up hurdles, align the cross bar exactly over the mark on the track.
4. **Hurdles, Markings and Heights.** Correct number of hurdles and heights for each high school hurdle event are as follows:
 - Boys 110 Meter High Hurdles – 10 hurdles on the straightaway with each hurdle set at a 39-inch height (often one hole down from the top).
 - Girls 100 Meter High Hurdles – 10 hurdles on the straightaway with each hurdle set at a 33-inch height (often three holes down from the top).
 - Boys 300 Meter High Hurdles – 8 hurdles around the track with each hurdle set at a 36-inch height (often two holes down from the top).
 - Girls 300 Meter High Hurdles – 8 hurdles around the track with each hurdle set at a 30-inch height (often four holes down from the top).
5. **Between Heats.** Between each heat, reset and straighten any hurdles, which have been knocked over or moved during the preceding race. Make sure the crew is observant of runner taking practice starts.
6. **Removal.** Immediate after the last competitor in the last heat crosses the finish line, remove all hurdles. Between the 100/110 meter and 300 meter hurdle events reposition the hurdles and the hurdle heights to their proper 300 meter hurdle position.
7. **Finish Chute.** If available, make sure that at least 6 spare hurdles are positioned behind the finish line area to be available for creating a *finish chute* for the 1600 and 3200 meter event. (If there is a large group of runners and the Finish Line Judge request a chute)