



Extract from Little Athletics Chelsea Track Events Rules

9.9.3 Hurdle Placement, Heights and Distances

(a) 60 Metre Hurdles - (Six Flights) Yellow Track Markings

AGE-B/G	HEIGHT	RUN - IN	SPACING	RUN - OUT
7 - 9	45cm	12m	7m	13m
10 - 11	60cm	12m	7m	13m
12	68cm	12m	7m	13m

(b) 81 Metre Hurdles - (Nine Flights) Black Track Markings

AGE-B/G	HEIGHT	RUN - IN	SPACING	RUN - OUT
8 - 9	45cm	12m	7m	13m
10 - 11	60cm	12m	7m	13m
12	68cm	12m	7m	13m
13	76cm	12m	7m	13m
14 G	76cm	12m	7m	13m

(c) 90 Metre Hurdles - (Nine Flights) Red Track Markings

AGE	HEIGHT	RUN - IN	SPACING	RUN - OUT
14 B	76cm	13m	8m	13m
15 G	76cm	13m	8m	13m
16 G	76cm	13m	8m	13m

(d) 100 Metre Hurdles - (Ten Flights) White Track Markings

AGE	HEIGHT	RUN - IN	SPACING	RUN - OUT
15 B	76cm	13m	8.5m	10.5m
16 B	76cm	13m	8.5m	10.5m

(e) 300 Metre Hurdles - (Seven Flights) Green Track Markings

AGE B/G	HEIGHT	RUN - IN	SPACING	RUN - OUT
13 - 16	68cm	50m	35m	40m

Local rules and variations for Track Events at Little Athletics Chelsea

Starting blocks

When spikes are worn in a track event the athlete must use starting blocks. Athletes shall be responsible for ensuring that starting blocks are prepared.

Track Marks

The track plinth markings are different colours to those used by LA Vic and other Centres. All start markings are white, except for the laned-800m start markings which are **orange**.

Use of spikes in Track Events at Little Athletics Chelsea

Athletes must wear footwear in accordance with LA Vic, regulation 8.

Spikes may be worn at LAC by under 12 -16 athletes.

Spikes may only be worn at LAC when competing in the events listed below:

-a laned track event of 400m or less; long jump; triple jump.

The maximum spike length is 7mm and the spike design must be a type approved by LA Vic.

Spikes shall only be worn within the arena or at the field event venue while the athlete is competing, i.e. in the competition area(s).

Spikes can be dangerous and it is expected that Senior athletes will use them responsibly. Accordingly, improper or incorrect wearing of spikes by an athlete detected by Officials shall be referred to the Centre Committee and may be subject to disqualification of the athlete or removal of the athlete's privilege to wear spikes at the Centre.