

Shuttle Hurdle Relay (Masters Track & Field) May 16, 2009

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The Shuttle Hurdle Relay is a relay for high hurdlers. Each relay team consists of four athletes who run the same distance, hurdle height, and spacing, with the team division and hurdle specifications determined by the sex/age of the youngest member of the relay team. The team members run in adjacent lanes with hurdles facing in opposite directions. Except for the race start, each team member may not start their leg (pass their starting line) until the previous team member passes their respective finish line. Otherwise, all individual hurdle rules apply to each hurdler."

No baton and no hand-off are required.

When a Relay Team competes in Lanes 1-2:

The first athlete runs "up" in the first lane. After the first athlete passes their individual finish line then the second athlete runs "back" in the second lane. After the second athlete passes their individual finish line then the third athlete runs "up" in the first lane. Finally after the third athlete passes their individual finish line then the anchor leg runs "back" in the second lane. The anchor leg completes the relay at the FAT line.

The second, third and anchor leg cannot begin until the prior athlete passes their individual finish line.

For facilities with eight or nine lanes, a maximum of four relay teams can compete in one heat.

Officials / Hurdle Crews:

A hurdle crew will be required to reset hurdle(s) that have been accidentally moved or knocked down during the race. The hurdle crew will need to be careful to reset the hurdles as the race continues, and to be watchful for hurdlers passing by. Safety for the athletes, officials and hurdle crew is a high priority.

Masters (and Sub Masters) Athletes:

Masters relays teams compete in ten-year age brackets: 30-39, 40-49, 50-59, 60-69, 70-79, etc. The age of the individual relay team is based on the youngest athlete on that particular relay team.

More Details:

Please see the attached for additional details.

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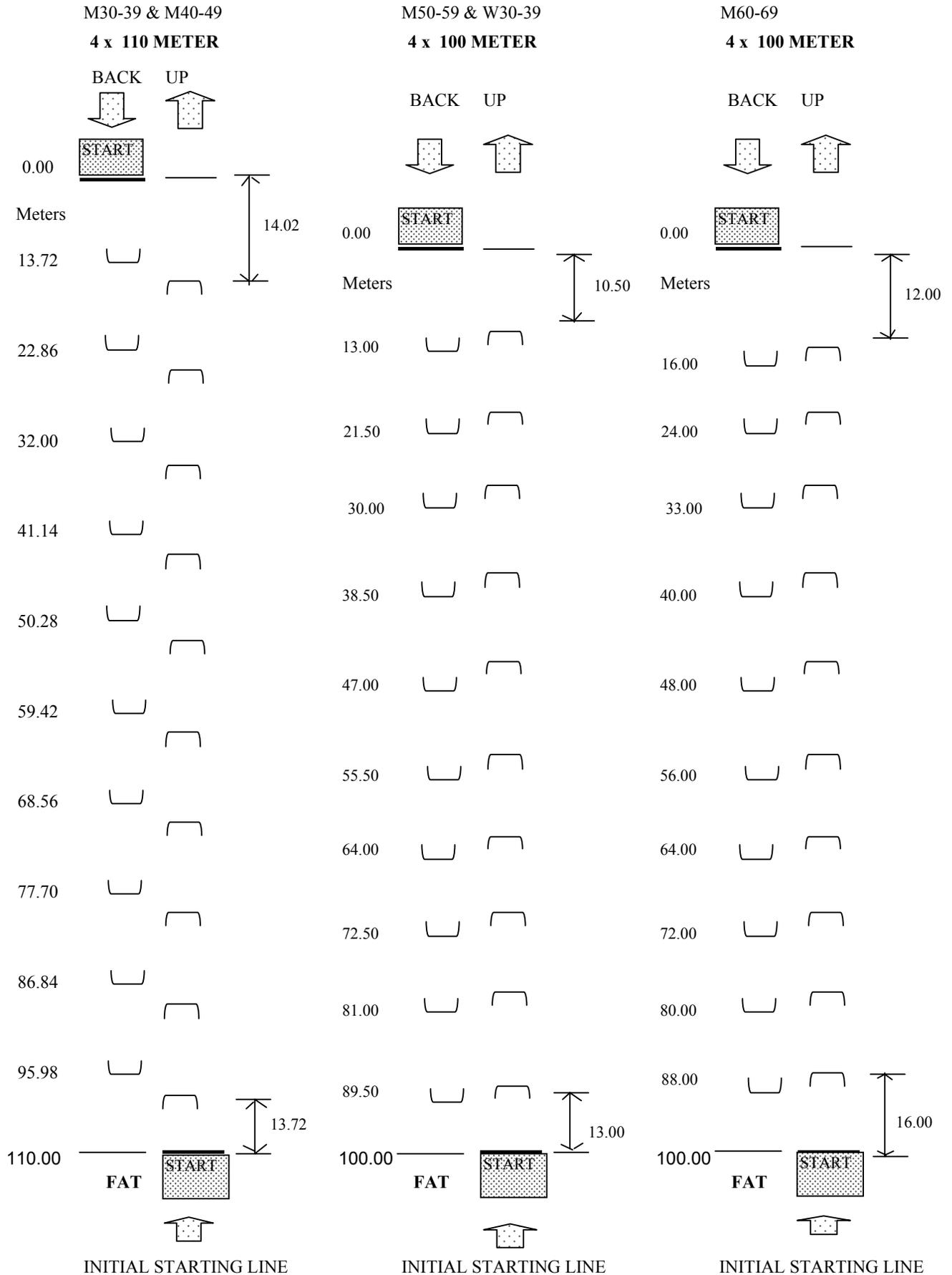
Accumulated Totals

				M70-79	
				M80+	
		M50-59		and	
	M30-39	and		W50-59	
	M40-49	W30-39	M60-69	W60+	W40-49
	(Meters)	(Meters)	(Meters)	(Meters)	(Meters)
Start	0.00	0.00	0.00	0.00	0.00
to H1	13.72	13.00	16.00	12.00	12.00
to H2	22.86	21.50	24.00	19.00	20.00
to H3	32.00	30.00	32.00	26.00	28.00
to H4	41.14	38.50	40.00	33.00	36.00
to H5	50.28	47.00	48.00	40.00	44.00
to H6	59.42	55.50	56.00	47.00	52.00
to H7	68.56	64.00	64.00	54.00	60.00
to H8	77.70	72.50	72.00	61.00	68.00
to H9	86.84	81.00	80.00	---	---
to H10	95.98	89.50	88.00	---	---
to Finish	110.00	100.00	100.00	80.00	80.00

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DRAWING NOT TO SCALE

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M70-79 & M80+
and W50-59 & W60+

W40-49

4 x 80 METER

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