

HURDLE CREW PROCEDURES — Suburban Parochial League

2026-4-22

For Middle School 100m Girls & 110m Boys Hurdles

1. GENERAL RESPONSIBILITIES

- Arrive at the hurdle area before the event begins.
- Work efficiently — hurdle setup determines how fast the meet runs.
- Keep the track clear when athletes are warming up or racing.
- Reset hurdles between heats.
- Remove all hurdles immediately after the final heat.

2. HURDLE HEIGHT SETTINGS

Both middle-school hurdle races use **30-inch (0.762 m)** hurdles.

- Girls 100m Low Hurdles: **30"**
- Boys 110m Low Hurdles: **30"**

Important for Volunteers:

- **30 inches is the lowest notch on the hurdle.**
- Ensure the height selector is locked into that lowest setting.
- Check the height indicator on **both sides** of each hurdle.

3. HURDLE PLACEMENT DISTANCES

Girls 100m Low Hurdles (YELLOW marks)

- Height: **30"**
- Distance to Hurdle 1: **42 ft 8 in (13.00 m)**
- Between Hurdles: **27 ft 10³/₄ in (8.50 m)**
- Total Hurdles: **10**
- Painted Marks: **YELLOW**

Boys 110m Low Hurdles (BLUE marks)

- Height: **30"**
- Distance to Hurdle 1: **45 ft (13.716 m)**
- Between Hurdles: **30 ft (9.144 m)**
- Total Hurdles: **10**
- Painted Marks: **BLUE**

Volunteer Tip: Use the painted marks — **yellow for girls, blue for boys**. No measuring required.

4. SETUP PROCEDURE

Pre-Stage the Hurdles

1. Bring hurdles from storage to the straightaway.
2. Sort them by lane:
 - Place **10 hurdles per lane** in a neat stack along the outside edge of the track.
 - Keep stacks spaced out so volunteers can grab hurdles without crossing lanes.

Place the Hurdles on the Track

3. Set up hurdles on the track **15 minutes prior to the start of the event.**
 - **Allow only hurdlers to warm-up on the straightaway during this time.**
4. Set every hurdle to **30 inches (lowest notch).**
5. Place hurdles on the correct painted marks:
 - Girls 100m → **YELLOW** marks
 - Boys 110m → **BLUE** marks
6. Ensure hurdles **lean away from the runner** (so they tip forward if hit).
7. Check alignment:
 - All hurdles in a lane should form a straight line.
 - All should face the same direction.
8. Clear the track when athletes are called to the line.

5. DURING THE RACE

- Stay off the track.
- Do not enter until all athletes finish.
- Leave fallen hurdles until the heat is complete.

6. BETWEEN HEATS

- Reset any hurdles that were knocked down.
- Confirm each hurdle is on the correct **yellow or blue** painted mark.
- Double-check height settings.

7. TAKEDOWN PROCEDURE

1. After the final heat, remove hurdles from each lane.
2. Stack them neatly by lane or in the designated storage area.
3. Ensure all hurdles face the same direction.
4. Walk the straightaway to ensure no equipment is left behind.

8. COMMON ERRORS TO WATCH FOR

- Using the wrong painted marks (**yellow vs. blue**).
- Hurdles facing backward (they must fall forward).
- Hurdles drifting into another lane.
- Incorrect height settings (not on the lowest notch).

9. QUICK REFERENCE CARD

Girls 100m Low Hurdles

- Height: **30" (lowest notch)**
- Marks: **YELLOW**
- To H1: **42' 8"**
- Between: **27' 10³/₄"**
- Total: **10 hurdles**

Boys 110m Low Hurdles

- Height: **30" (lowest notch)**
- Marks: **BLUE**
- To H1: **45'**
- Between: **30'**
- Total: **10 hurdles**

General

- Hurdles lean **away from the runner**
- Reset between heats
- Remove after final heat