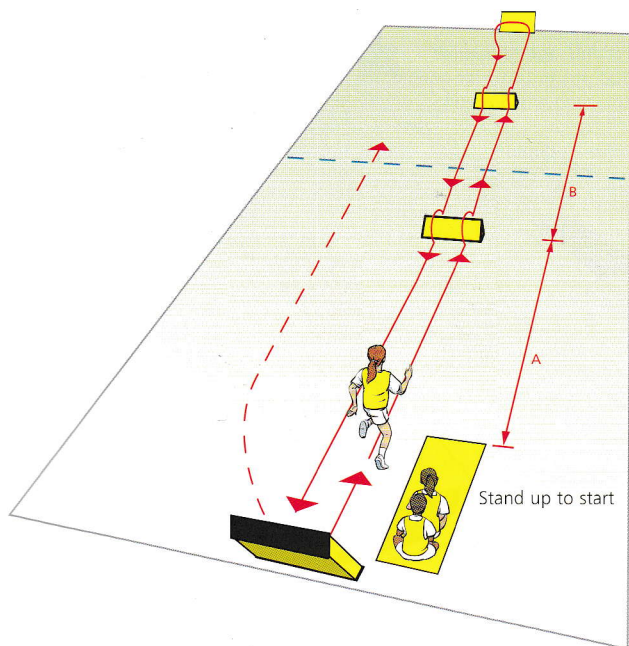


HURDLE RELAY SECONDARY



RECOMMENDED HURDLE SPACINGS FOR YEARS 7 AND 8

Girls	A	11.0m
	B	7.0m
Boys	A	11.5m
	B	7.5m

For a sportshall at least 30m in length.

Description

A fun hurdle relay with four participants in each team. Good hurdling technique and smooth takeovers are the key to a good performance.

Equipment per lane

- 2 Reversaboards
- 2 Folding Hurdles
- Team / Tumble Mat
- Beanbag

Rules

- The first runner starts on the whistle holding a beanbag.
- They clear both hurdles.
- They turn on the first Reversaboard and clear the hurdles on the way back to the return Reversaboard.
- After turning on the return Reversaboard they pass on a beanbag or touch the shoulders for takeover.
- The last runner repeats the activity but after turning on the return Reversaboard sprints to the finish line.

Tips**Athletes**

- Good takeovers are essential for a fast team performance
- Team members must keep the track clear and not sit in front of the Reversaboards.

Judges

- It is advisable to have helpers positioned track side to replace any hurdles that are knocked down during the race.

Safety

- For Sportshall Secondary leave 1.25m between boards to ensure adequate lane width.
- Hurdles should be spaced as per schedule.
- Hurdles should be a minimum of 7.5m from Reversaboards.
- Ensure both the track surface and participants shoes are clean and dry.
- For reasons of safety batons are not used in hurdle races.