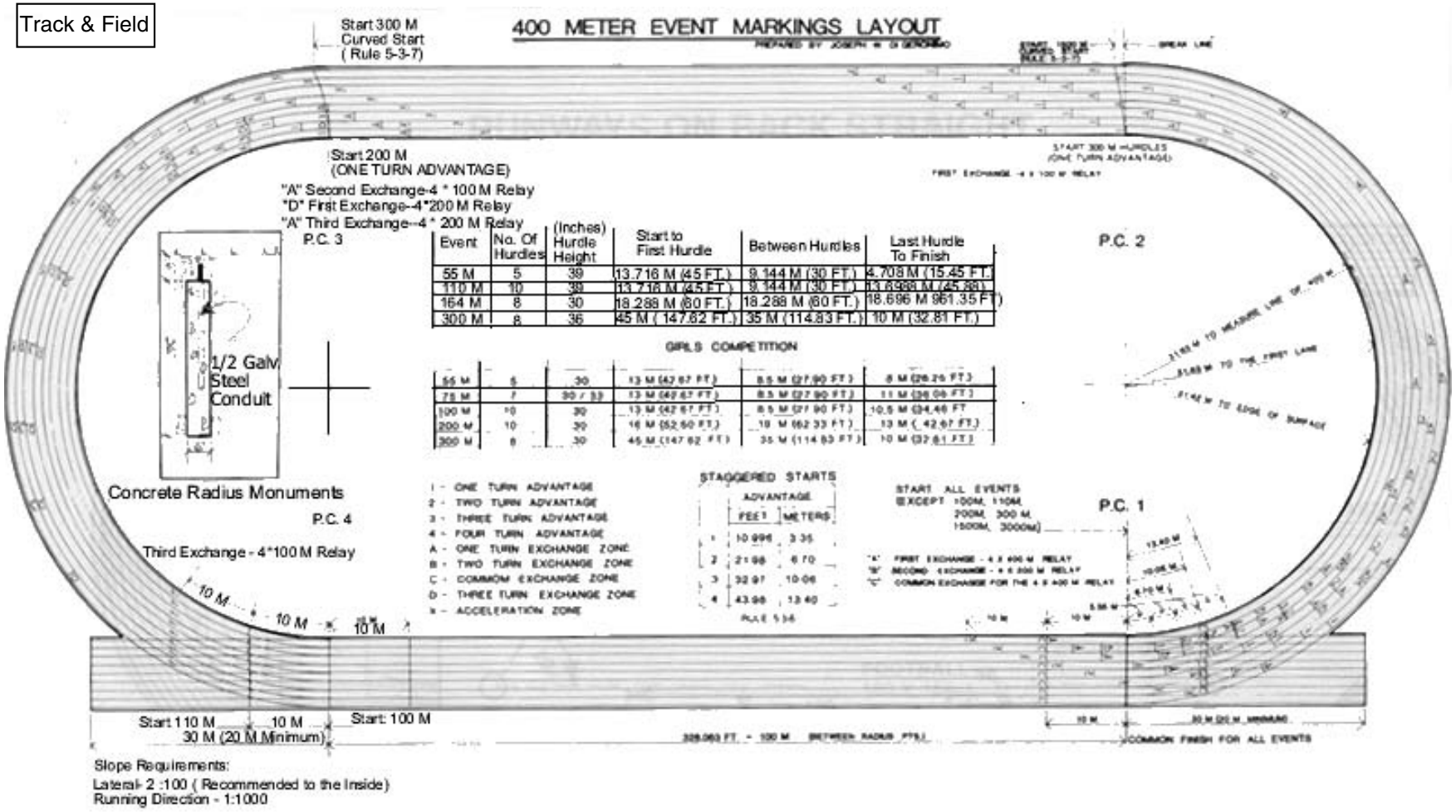
Track & Field

GOPHER

Specifications

Track & Field

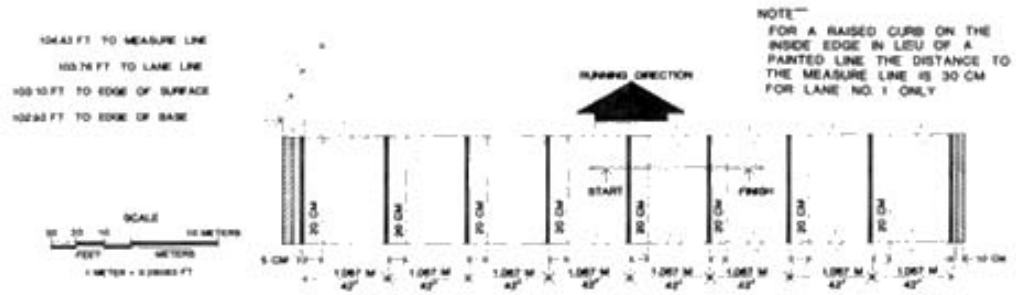


Event	No. Of Hurdles	(Inches) Hurdle Height	Start to First Hurdle	Between Hurdles	Last Hurdle To Finish
55 M	5	39	13.716 M (45 FT.)	9.144 M (30 FT.)	4.708 M (15.45 FT.)
110 M	10	39	13.716 M (45 FT.)	9.144 M (30 FT.)	13.6988 M (45.89)
164 M	8	30	18.288 M (60 FT.)	18.288 M (60 FT.)	18.696 M 961.35 FT)
300 M	8	36	45 M (147.62 FT.)	35 M (114.83 FT.)	10 M (32.81 FT.)

GIRLS COMPETITION

55 M	5	30	13 M (42.67 FT.)	8.5 M (27.90 FT.)	8 M (26.25 FT.)
75 M	7	30 / 33	13 M (42.67 FT.)	8.5 M (27.90 FT.)	11 M (36.09 FT.)
100 M	10	30	13 M (42.67 FT.)	8.5 M (27.90 FT.)	10.5 M (34.45 FT)
200 M	10	30	16 M (52.50 FT.)	19 M (62.33 FT.)	13 M (42.67 FT.)
300 M	8	30	45 M (147.62 FT.)	35 M (114.83 FT.)	10 M (32.81 FT.)

	ADVANTAGE FEET	ADVANTAGE METERS
1	10.996	3.35
2	21.98	6.70
3	32.97	10.06
4	43.96	13.40

RULE 5-3-6

Slope Requirements:
Lateral- 2 :100 (Recommended to the Inside)
Running Direction - 1:1000