

# APPENDIX A / ANNEXE A / ANHANG A / ANEXO A

**WMA Spécifications pour les Haies et les Engins**

**WMA Hürden und Geräte**

**WMA Valles e Implementos**

**Hurdles / Haies / Hürden / Vallas**

	Age Group	Race Distance	Hurdle Height	Number of Hurdles	Distance to first	Distance between	Distance to finish
<b>Women</b>							
<b>Indoor</b>	W 35-39	60 m	0.840 m (33")	5	13 m	8.5 m	13 m
	W 40-49	60 m	0.762 m (33")	5	12 m	8.0 m	16 m
	W 50-59	60 m	0.762 m (33")	5	12 m	7.0 m	20 m
	W 60+	60 m	0.686 m (27")	5	12 m	7.0 m	20 m
<b>Short</b>	W 35-39	100 m	0.840 m (33")	10	13 m	8.5 m	10.5 m
	W 40-49	80 m	0.762 m (30")	8	12 m	8.0 m	12.0 m
	W 50-59	80 m	0.762 m (30")	8	12 m	7.0 m	19.0 m
	W 60+	80 m	0.686 m (27")	8	12 m	7.0 m	19.0 m
<b>Long</b>	W 35-49	400 m	0.762 m (30")	10	45 m	35 m	40 m
	W 50-59	300 m	0.762 m (30")	7	50 m	35 m	40 m
	W 60-69	300 m	0.686 m (27")	7	50 m	35 m	40 m
	W 70+	200 m	0.686 m (27")	5	20 m	35 m	40 m
<b>Steeple-Chase</b>	W 35+59	2000 m	0.762 m (30")		18 barriers & 5 water jumps		
<b>Men</b>							
<b>Indoor</b>	M 35-49	60 m	0.991 m (39")	5	13.72 m	9.14 m	9.72 m
	M 50-59	60 m	0.914 m (36")	5	13.00 m	8.50 m	13.00 m
	M 60-69	60 m	0.840 m (33")	5	12.00 m	8.00 m	16.00 m
	M 70-79	60 m	0.762 m (30")	5	12.00 m	7.00 m	20.00 m
	M 80+	60 m	0.686 m (27")	5	12.00 m	7.00 m	20.00 m
<b>Short</b>	M 35-49	110 m	0.991 m (39")	10	13.72 m	9.14 m	14.02 m
	M 50-59	100 m	0.914 m (36")	10	13.00 m	8.50 m	10.50 m
	M 60-69	100 m	0.840 m (33")	10	12.00 m	8.00 m	16.00 m
	M 70-79	80 m	0.762 m (30")	8	12.00 m	7.00 m	19.00 m
	M 80+	80 m	0.686 m (27")	8	12.00 m	7.00 m	19.00 m
<b>Long</b>	M 35-49	400 m	0.914 m (36")	10	45 m	35 m	40 m
	M 50-59	400 m	0.840 m (33")	10	45 m	35 m	40 m
	M 60-69	300 m	0.762 m (30")	7	50 m	35 m	40 m
	M 70-79	300 m	0.686 m (27")	7	50 m	35 m	40 m
	M 80+	200 m	0.686 m (27")	5	20 m	35 m	40 m
<b>Steeple-chase</b>	M 35-59	3'000 m	0.914 m (36")		28 barriers & 7 water jumps		
	M 60+	2'000 m	0.762 m (30")		18 barriers & 5 water jumps		