

GIRLS 100M SHUTTLE HURDLE RELAY SETUP

	Normal	Finish Line		No.1 &3 Runner Start Line	
	↑	↑ - Fly Zone Mark		↑	↓
	↑	34'5 1/2"			↓
Starter	↑	↓		42'8'	↓
	↑	10th Hurdle		↓	↓
	↑	↑	8'2"↓	1st Hurdle	↓
	↑	27'10 3/4"		↑	↓
	↑	↓		27'10 3/4"	↓
	↑	9th Hurdle		↓	↓
	↑	↑	8'2"↓	2nd Hurdle	↓
	↑	27'10 3/4"		↑	↓
	↑	↓		27'10 3/4"	↓
	↑	8th Hurdle		↓	↓
	↑	↑	8'2"↓	3rd Hurdle	↓
	↑	27'10 3/4"		↑	↓
	↑	↓		27'10 3/4"	↓
	↑	7th Hurdle		↓	↓
	↑	↑	8'2"↓	4th Hurdle	↓
	↑	27'10 3/4"		↑	↓
	↑	↓		27'10 3/4"	↓
	↑	6th Hurdle		↓	↓
	↑	↑	8'2"↓	5th Hurdle	↓
	↑	27'10 3/4"		↑	↓
↑	↓		27'10 3/4"	↓	
↑	5th Hurdle		↓	↓	
↑	↑	8'2"↓	6th Hurdle	↓	
↑	27'10 3/4"		↑	↓	
↑	↓		27'10 3/4"	↓	
↑	4th Hurdle		↓	↓	
↑	↑	8'2"↓	7th Hurdle	↓	
↑	27'10 3/4"		↑	↓	
↑	↓		27'10 3/4"	↓	
↑	3rd Hurdle		↓	↓	
↑	↑	8'2"↓	8th Hurdle	↓	
↑	27'10 3/4"		↑	↓	
↑	↓		27'10 3/4"	↓	
↑	2nd Hurdle		↓	↓	
↑	↑	8'2"↓	9th Hurdle	↓	
↑	27'10 3/4"		↑	↓	
↑	↓		27'10 3/4"	↓	
↑	1st Hurdle		↓	↓	
↑	↑	8'2"↓	10th Hurdle	↓	
↑	42'8'		↑	↓	
Back up	↑		34'5 1/2"	↓	
Starter or	↑	↓	↑ - Fly Zone Mark	↓	
Official		Starting line		Finish line	

1) The out going runner may take off when the in coming runner chest cross the fly zone which is 36" in front of their starting line

2) Out going runner should be in set position when incoming runner crosses the Fly Zone

3) If the hurdle are set up next to each other there must have 2 starting lines and 2 finish lines

4) The hurdle setup marking is usual yellow regular 100 M hurdle