

• **Shuttle Relays**

○ **Shuttle Hurdles**

- A maximum of four teams can be assigned to a section, with each team being placed in two lanes (1/2, 3/4, 5/6, 7/8).
- Odd lanes will have hurdles set up in reverse position from the normal hurdles for runners 1 & 3, and will run in reverse direction.
- Even lanes will have hurdles set up in normal position for runners 2 & 4 running in the standard direction.
- The incoming runners' torso must cross the exchange line before the outgoing runner may start. This exchange line shall be 1 meter before the end line of the incoming runner.
- **Boys 4x110MHR**
  - 30" hurdles shall be used and placed on the standard 110MH markings
    - No. of hurdles – 10; Starting line to first hurdle – 13.72m (45 ft) – Between hurdles – 9.14m (30 ft)
  - Runners 1 & 3 shall start at the common finish, finishing at the standard 110MH starting line.
  - Runners 2 & 4 shall start at the standard 110MH starting line, finishing at the common finish.
- **Girls 4x100MHR**
  - 30" hurdles shall be used and placed at the standard 100MH markings.
    - No. of hurdles – 10; Starting line to first hurdle – 13m (42 ft., 8 in.) – Between hurdles – 8.5m (27 ft., 10 ¾ in.)
  - Runners 1 & 3 shall start at a line 2.5 meters (8' 2 ½") beyond the common finish line, ending at a line 2.6 meters (8' 2 ½") before the normal 100MH starting line. (Note: The exchange mark would be 3.5 meters from the normal start)
  - Runners 2 & 4 shall start at the standard 100MH start, ending at the common finish.

