



Hurdle tape marks

Girls 100m Hurdles
33" hurdles · 10 hurdles

(GR) race · (GP-1) practice minus 1 ft · (GP-2) minus 2 ft · (GP-3) minus 3 ft. Every mark runs from the start line to the top of the hurdle (not the base). Write on the tape: code + hurdle, e.g. (GP-2) H3.

HURDLE	(GR)	(GP-1)	(GP-2)	(GP-3)
Between hurdles	27' 10 $\frac{3}{4}$ "	26' 10 $\frac{3}{4}$ "	25' 10 $\frac{3}{4}$ "	24' 10 $\frac{3}{4}$ "
H1	42' 7 $\frac{3}{4}$ " 13.00 m	42' 7 $\frac{3}{4}$ " 13.00 m	42' 7 $\frac{3}{4}$ " 13.00 m	42' 7 $\frac{3}{4}$ " 13.00 m
H2	70' 6 $\frac{1}{2}$ " 21.50 m	69' 6 $\frac{1}{2}$ " slide back 1'	68' 6 $\frac{1}{2}$ " slide back 2'	67' 6 $\frac{1}{2}$ " slide back 3'
H3	98' 5" 30.00 m	96' 5" slide back 2'	94' 5" slide back 4'	92' 5" slide back 6'
H4	126' 3 $\frac{3}{4}$ " 38.50 m	123' 3 $\frac{3}{4}$ " slide back 3'	120' 3 $\frac{3}{4}$ " slide back 6'	117' 3 $\frac{3}{4}$ " slide back 9'
H5	154' 2 $\frac{1}{2}$ " 47.00 m	150' 2 $\frac{1}{2}$ " slide back 4'	146' 2 $\frac{1}{2}$ " slide back 8'	142' 2 $\frac{1}{2}$ " slide back 12'
H6	182' 1" 55.50 m	177' 1" slide back 5'	172' 1" slide back 10'	167' 1" slide back 15'
H7	209' 11 $\frac{3}{4}$ " 64.00 m	203' 11 $\frac{3}{4}$ " slide back 6'	197' 11 $\frac{3}{4}$ " slide back 12'	191' 11 $\frac{3}{4}$ " slide back 18'
H8	237' 10 $\frac{3}{4}$ " 72.50 m	230' 10 $\frac{3}{4}$ " slide back 7'	223' 10 $\frac{3}{4}$ " slide back 14'	216' 10 $\frac{3}{4}$ " slide back 21'
H9	265' 9" 81.00 m	257' 9" slide back 8'	249' 9" slide back 16'	241' 9" slide back 24'
H10	293' 7 $\frac{1}{2}$ " 89.50 m	284' 7 $\frac{1}{2}$ " slide back 9'	275' 7 $\frac{1}{2}$ " slide back 18'	266' 7 $\frac{1}{2}$ " slide back 27'
Finish	328' 1" 100 m	practice codes stop at the last hurdle		

Setup

- Gym: tape a start line, run the tape along a wall or floor seam, set the top of each hurdle over its mark.
- Painted track: slide each hurdle back from its race mark by the amount under the mark. H1 never moves.
- One marker color per code on your hurdle tape: navy (R), light blue (P-1), dark blue (P-2), gray (P-3).
- Move up a code after 10 clean reps in a row with no stutter step. Rhythm comes before speed.

Zones (from the top of the hurdle)

- Takeoff: 6.0' to 7.0', ideal 6.5'
- Landing: 2.6' to 3.3', ideal 3.0'
- Start line to H1: 42' 7 $\frac{3}{4}$ " (13.00 m)
- H10 to finish: 34' 5 $\frac{1}{2}$ " (10.50 m)