



# CERTIFIED OFFICIALS OF TRACK, FIELD AND CROSS COUNTRY, INC.

## The Steeplechase

There are two main distances steeplechase is run in New York State, the 3000m and the 2000m. Each circuit of the track will have four ordinary hurdles and one water jump. Depending on the placement of the water jump either inside the track or outside of it, the start lines will vary. Always check with the meet director or host school coach for correct markings and placements of the hurdles since each track has a different layout.

### The 3000 meter steeplechase:

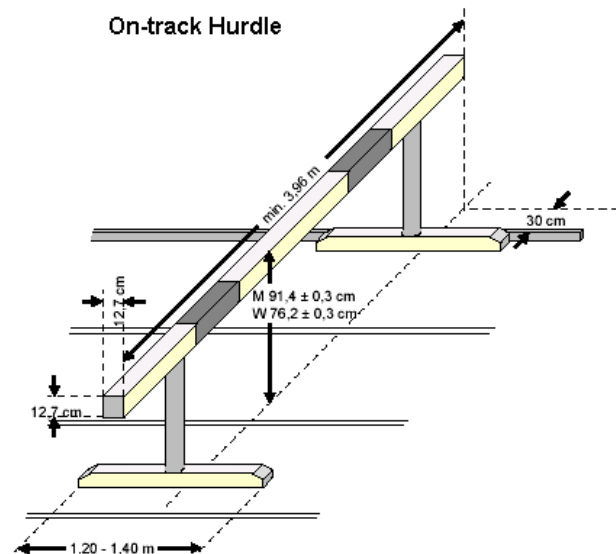
- Has 28 hurdle jumps and 7 water jumps.
- If the water jump is on the outside of the track:
  - Starting point is usually on the front straight since each lap is greater than 400m.
  - All jumps begin after the runners cross the finish line on the first lap.
- If the water jump is on the inside of the track:
  - Starting point is usually on the back straight since each lap is less than 400m.
  - Water jump and hurdles are bypassed at the start until runners cross the finish line for the first time.

### The 2000 meter Steeplechase:

- Has 18 hurdle jumps and 5 water jumps.
- If the water jump is on the outside of the track:
  - Starting point is usually on the back straight since each lap is greater than 400m.
  - As the start line would be approximately one-fourth around the track, hurdles number 1 and 2 are bypassed and athletes begin at the last barrier on the backstretch followed by the water jump.
- If the water jump is on the inside of the track:
  - Starting point is usually on the front straight behind the finish line as each lap is less than 400m.
  - Jumps begin after the runners cross the finish line on the first lap at the location of the third hurdle.
  - Water jump is hurdled on the first lap.

### Placement of the hurdles:

- The hurdles should be evenly distributed, in other words the distance between the jumps is about one-fifth of a lap. Due to differences in track layout and placement of the water jump, all steeplechase courses need to be individually measured.
- The water jump should be the fourth jump if possible.

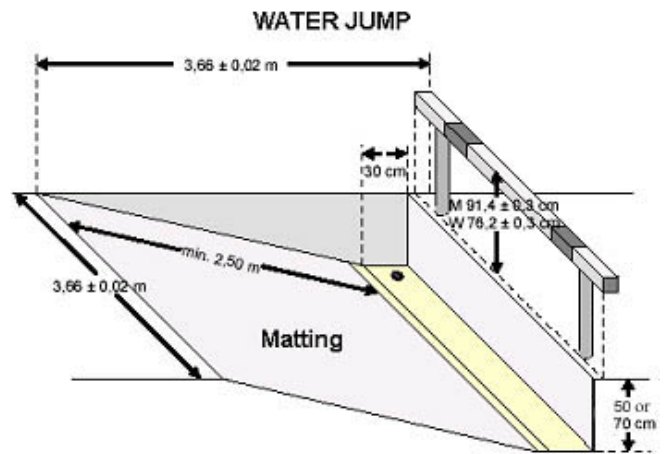


### The hurdles:

- The men's hurdles are 91.4cm ( $\pm$  3mm) high (3 ft.).
- The women's hurdles are 76.2cm ( $\pm$  3mm) high (2 ft. 6 in.).
- The hurdles should be at least 3.96m wide and placed on the track so that 30cm of the top bar, measured from the inside edge of the track, will be inside the field.
- The section of the top bar of the hurdles and the water jump hurdle is 12.7cm (5 in.) square.
- The weight of each hurdle should be between 80 and 100kg, and has a base on either side between 1.2 and 1.4m.
- All hurdles should be painted with white and black stripes or other strong distinctive contrasting colors so that the lighter stripes are on the outside. Stripes need to be at least 22.5cm wide.

### The Water Jump:

- The water jump, including the hurdle, shall be 3.66m ( $\pm 2$ cm) in length and 3.66m ( $\pm 2$ cm) in width.
- The surface of the water should be level with the surface of the track ( $\pm 2$ cm) at the start of a race.
- The depth of the water closest to the hurdle should be 50 (recommended for new construction) or 70cm for about 30cm. After that point, the bottom uniformly slopes upwards to the level of the track at the far end of the water pit.
- The hurdle at the water jump should be 3.66m ( $\pm 2$ cm) wide, and is firmly fixed so that no movement is possible. The top bar should be 12.7cm x 12.7cm (5 in. x 5 in.) thick and is the same height as the hurdles.
- The sloped portion of the bottom of the water pit should be covered with a synthetic surface to give a safe landing while allowing spikes to grip.

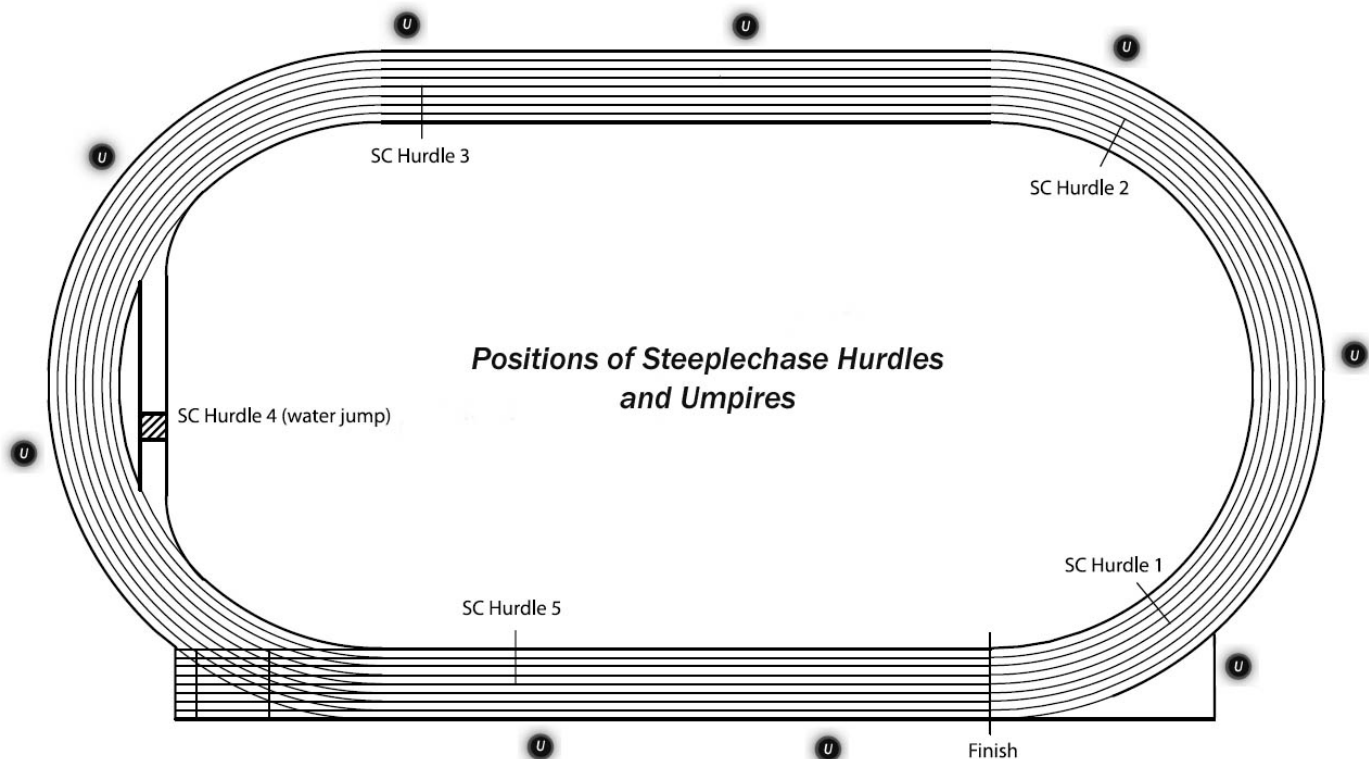


### Competitor qualification:

- A competitor may go over the hurdles in most any manner including:
  - Using their hands on the hurdle.
  - Hurdling the hurdle.
  - Stepping on the hurdle hurdles.
  - Sitting on the hurdle.

### Competitor disqualification:

- The competitor does not go over or through the water.
- Does not go over any hurdle.
- Goes around any of the hurdles.
- Hooks the trails leg or foot below the plane of the top of the hurdle while clearing it.



# Summary Steeplechase Race Reference Guide

## USUAL 3000m Steeplechase Race Specs (varies with radius of the track):

**Hurdle Height = 36 inches**

**35 Total Jumps = 28 hurdles and 7 water jumps.**

	<i>Inside water pit</i>	<i>Outside water pit</i>
Distance from start line to 1 <sup>st</sup> full lap start	c.228m	c.60m
Total number of laps	8	8

## USUAL 2000m Steeplechase Race Specs (varies with radius of the track):

**Hurdle Height = 30 inches**

**23 Total Jumps = 18 hurdles and 5 water jumps.**

**Water jump ALWAYS during first lap!**

	<i>Inside water pit</i>	<i>Outside water pit</i>
Distance from start line to 1 <sup>st</sup> full lap start	c.20m	c.320m
Total number of laps	5	5

## USUAL Hurdles Distances:

	<i>Inside water pit</i>	<i>Outside water pit</i>
Start to 1st hurdle	c.12m	c.10m
1 <sup>st</sup> to 2nd hurdle	c.79m	c.84m
2 <sup>nd</sup> to 3rd hurdle	c.79m	c.84m
3 <sup>rd</sup> to water jump	c.79m	c.84m
Water jump to 4 <sup>th</sup> hurdle	c.79m	c.84m
4 <sup>th</sup> hurdle to finish line	c.68m	c.74m

## USUAL Starting Line Locations:

