

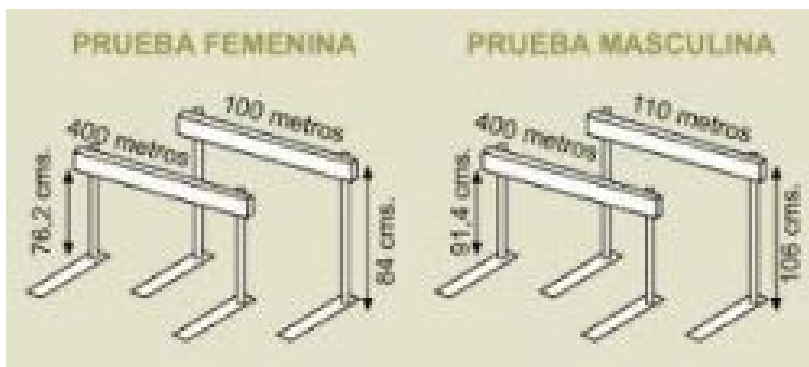
Hurdling (Athletics)

Hurdles or hurdling is a track and field sport which involves running and jumping over obstacles at speed. Hurdling is part of athletics at the Olympic Games.

Hurdling is the basis of a few track and field events. In the said events, obstacles or barriers which are called hurdles are set to which each athlete must jump over. Failure to do so may get an athlete disqualified. The standard hurdle race is 110 meters for men and 100 meters for women. There is also a 400-meter hurdle race for both men and women.

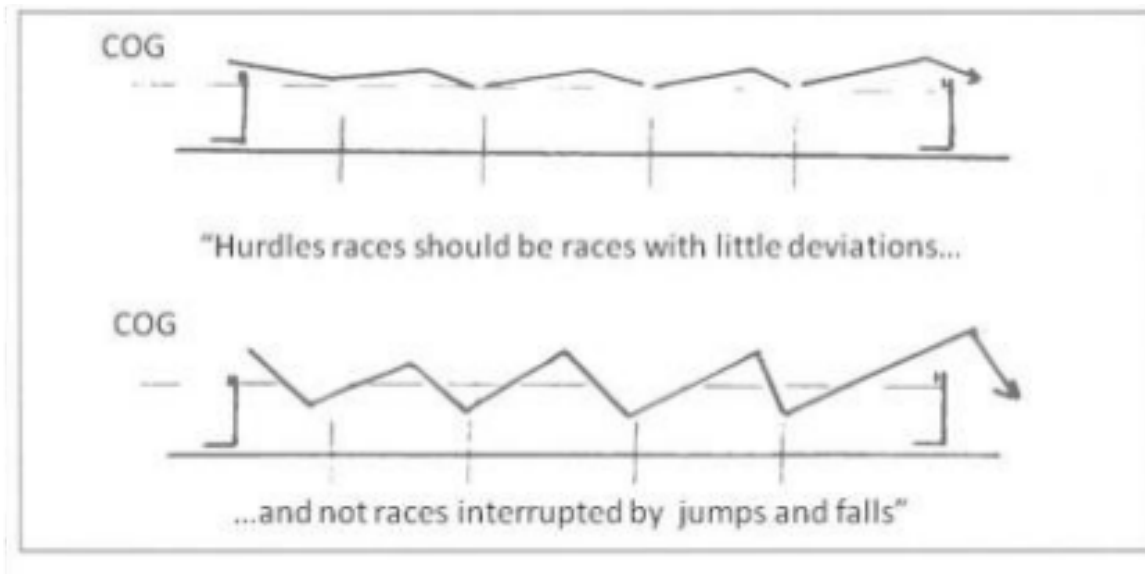


Hurdles in track races are usually 76,2 - 106 centimeters in height, but sometimes it varies on the age and gender of the participants.



HURDLING TECHNIQUE.

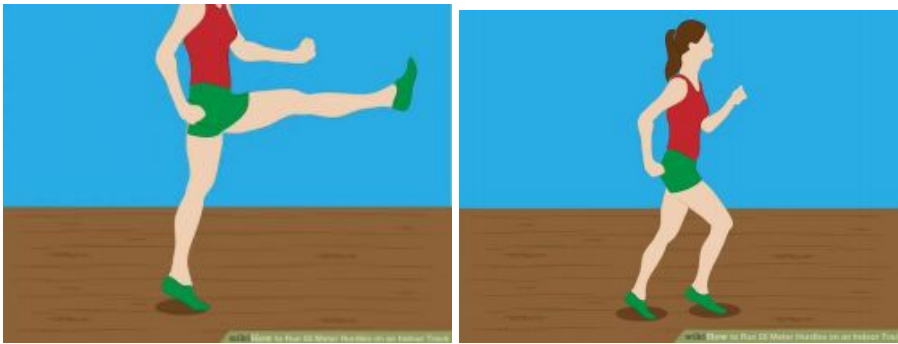
The objective of the hurdle race is to minimize deviations from normal sprinting. In fact, hurdles are not jumped, but they are passed over. In order to achieve this, the athlete should try to reduce the time of the flying phase. The center of gravity (CG) should not rise or fall too much, and stepping over the hurdle should just look like a wider stride than normal.



Video: https://www.youtube.com/watch?v=sxA4BqF4g2E&feature=player_embedded

HURDLING PHASES

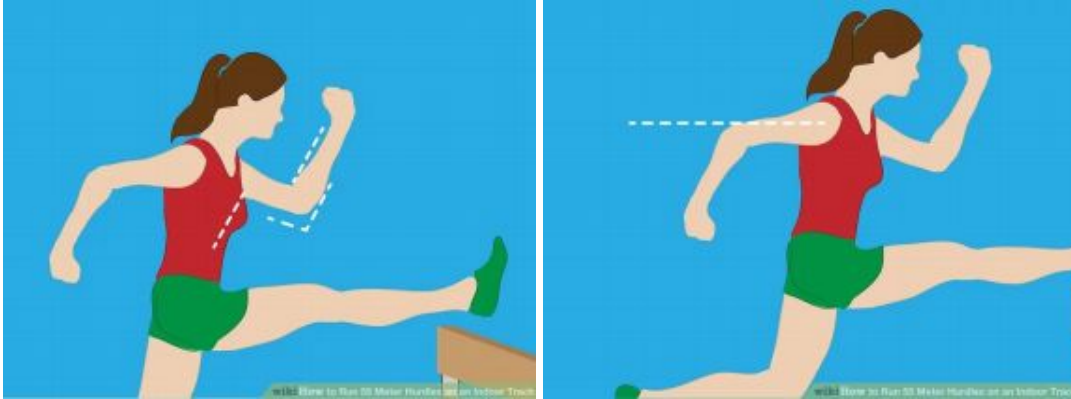
1. **Starting with the correct foot is crucial to running hurdles, so first of all you need to determine your dominant leg, which is the leading leg.** There are 13 meters between the starting line and first hurdle; you need to learn how many steps it takes you to sprint those 13 meters. If you take an even number of steps to the first hurdle then you start with your dominant foot back and your non-dominant foot on the starting line. If you take an odd amount of steps to the first hurdle then you start with your dominant foot on the starting line, and your non-dominant foot behind. Most people take 7 or 8 steps to the first hurdle.



2. **Lead with your dominant leg, raising the leg straight over the hurdle.** You want your dominant leg to be slightly out from the center of the hurdle. (Right dominant slightly right of the center, and left dominant slightly left of the center).



3. Your opposite arm should be bent at the elbow with your forearm parallel to your chest. The other arm (same side as dominant foot) should be straight back, with your palm facing upwards.



4. Your non-dominant leg is known as the **trailing leg**. This leg should be bent at the knee, with toes pointed up and outward. The trailing leg should be level when jumping over the hurdle, and then pulled toward the hurdles center before landing. The trailing leg is the part that is most likely to hit a hurdle during the sprint. There is no penalty for hitting a hurdle during a race, but it slows down the runner and disturbs balance. Make sure to pull the trailing leg over the hurdle and back toward the hurdles center.



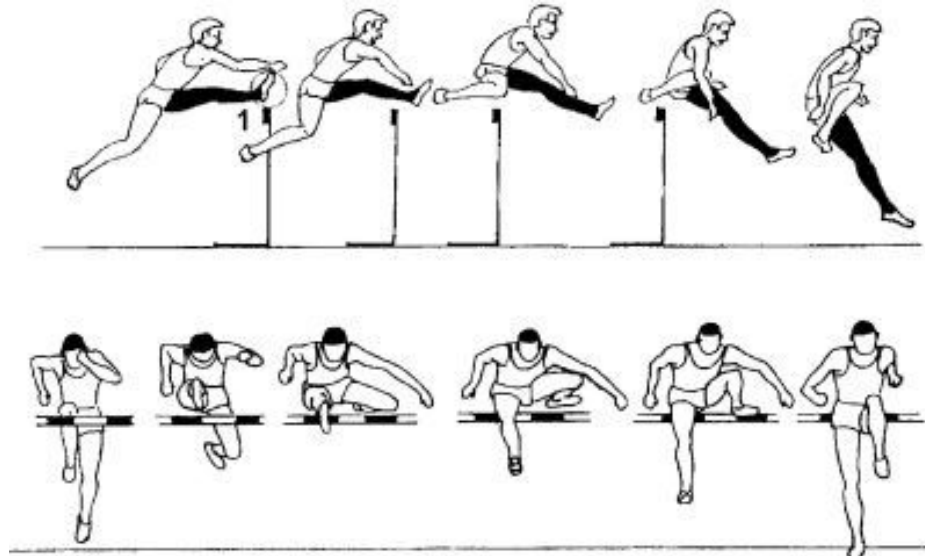
5. While you are jumping over the hurdle, bend your body at the waist and lean straight down towards your dominant leg. This conserves speed and energy for the runner.



6. After jumping a hurdle you will land with your dominant foot first. *You must land with the intention to keep running your sprint.* People run 3 steps between hurdles, in order to keep the same dominant foot throughout.



7. After jumping over all 5 hurdles, sprint to the finish line which is 8 meters after the fifth hurdle.



Video: <https://www.youtube.com/watch?v=T97kkzRMEAY&t=42s>