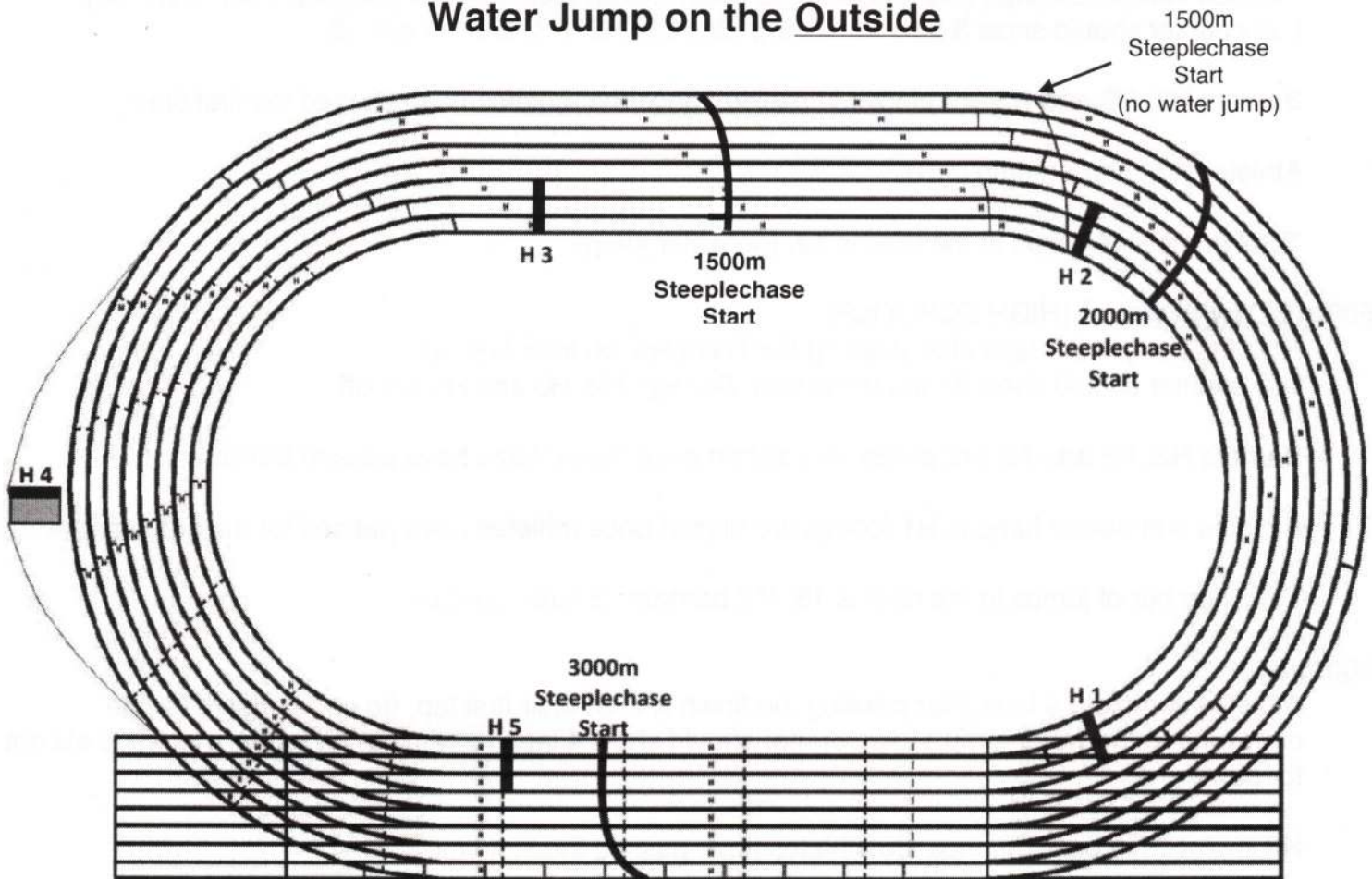


# 1. Steeplechase Layout and Information Water Jump on the Outside



The letters **H1** through **H5** represent steeplechase hurdle jumps. **H4** is the water jump. The others are the on-track barriers whose position is determined by the location of the water jump because the distance between jumps is approximately one-fifth.

|                   |     |
|-------------------|-----|
| Finish Line to H1 | 10m |
| H1 - H2           | 84m |
| H2 - H3           | 84m |
| H3 - H4           | 84m |
| H4 - H5           | 84m |
| H5 - Finish Line  | 74m |

### 1500m SC (no water)

Athletes complete 3 laps after passing the finish line on their first lap. (Regular 1500 start line)  
Lap counter should show 3 laps remaining. Barriers H2, H3, and H5 are off.

Barriers **H2, H3 and H5** are placed in position once the athletes have passed the first time.

Athletes first barrier jump is **H1**

Total number of jumps in the race is **12**. (no water jump)

### 1500m SC (with water) (HIGH SCHOOLS)

Athletes complete 3 laps after passing the finish line on their first lap.  
Lap counter should show 3 laps remaining. Barriers H2, H3 and H5 are off.

Barriers **H2, H3 and H5** are placed in position once the athletes have passed the first time.

Athletes first barrier jump is **H1** (cones are placed once athletes have passed for the first time.)

Total number of jumps in the race is **15**. (12 barriers, 3 water jumps)

### 2000m SC

Athletes complete 4 laps after passing the finish line on their first lap. (to compensate for the out-swing to the water jump.) Lap counter should show 4 laps remaining. All barriers in place except for barrier H2.

**H2** is placed in position once the athletes have passed the first time.

Athletes first barrier jump is **H3**, followed by H4 and H5 during their first lap.

Thereafter they will face all five (5) barriers in each of their remaining four (4) laps.

Total number of jumps in the race is **23**. (18 barriers, 5 water jumps)

### 3000m SC

Athletes complete 7 laps after passing the finish line on their first lap. (to compensate for the out-swing to the water jump.) Lap counter should show 7 laps remaining. All barriers in place except for barrier H5.

**H5** is placed in position once the athletes have passed the first time.

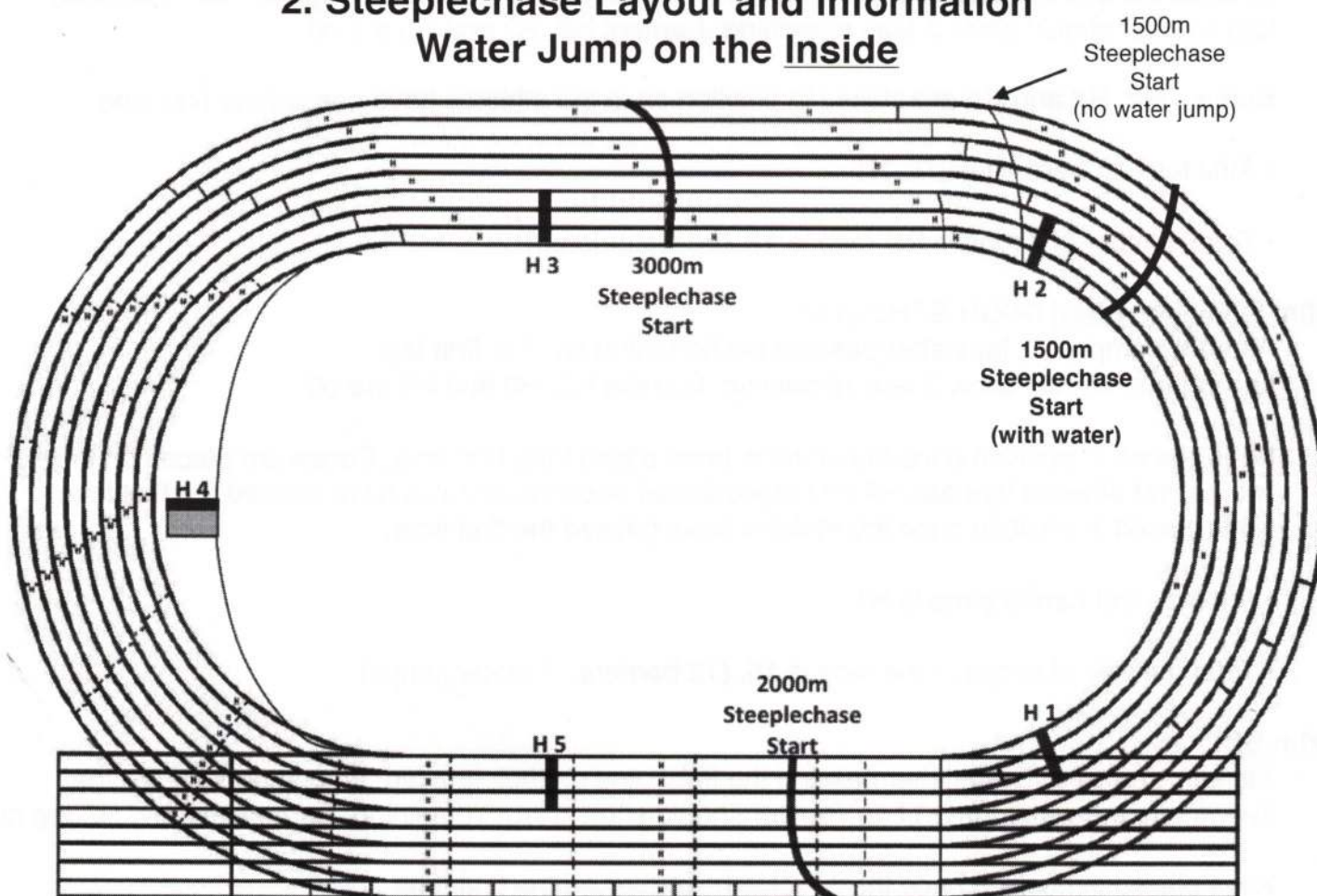
Athletes first barrier jump is **H1**.

Thereafter they will face all five (5) barriers in each of their remaining seven (7) laps.

Total number of jumps in the race is **35**. (28 barriers, 7 water jumps)



## 2. Steeplechase Layout and Information Water Jump on the Inside



The letters **H1** through **H5** represent steeplechase hurdle jumps. **H4** is the water jump. The others are the on-track barriers whose position is determined by the location of the water jump because the distance between jumps is approximately one-fifth.

|                   |     |
|-------------------|-----|
| Finish Line to H1 | 12m |
| H1 - H2           | 79m |
| H2 - H3           | 79m |
| H3 - H4           | 79m |
| H4 - H5           | 79m |
| H5 - Finish Line  | 68m |

### **1500m SC (no water)**

Athletes complete 3 laps after passing the finish line on their first lap. (Regular 1500 start line)  
Lap counter should show 3 laps remaining. Barriers H2, H3 and H5 are off.

Barriers **H2, H3 and H5** are placed in position once the athletes have passed the first time.

- Athletes first barrier jump is **H1**
- Total number of jumps in the race is **12**. (no water jump)

### **1500m SC (with water) (HIGH SCHOOLS)**

Athletes complete 3 laps after passing the finish line on their first lap.  
Lap counter should show 3 laps remaining. Barriers H2, H3 and H5 are off.

**H3** is placed in position once the athletes have passed the first time. Cones are placed on the pole line so that athletes by-pass H4 and repositioned once the athletes have passed the first time.

**H5** is placed in position once the athletes have passed the first time.

- Athletes first barrier jump is **H1**
- Total number of jumps in the race is **15**. (12 barriers, 3 water jumps)

### **2000m SC**

Athletes complete 5 laps after passing the finish line on their first lap. (to compensate for the in-swing to the water jump.) Lap counter should show 5 laps remaining. Barriers H1 and H2 are off.

**H1** is placed in position once the athletes have passed the first time.

**H2** is placed in position once the athletes have passed the first time.

- Athletes first barrier jump is **H3**, followed by H4 and H5 during their first lap.
- Thereafter they will face all five (5) barriers in each of their remaining four (4) laps.
- Total number of jumps in the race is **23**. (18 barriers, 5 water jumps)

### **3000m SC**

Athletes complete 7 laps after passing the finish line on their first lap. (to compensate for the in-swing to the water jump.) Lap counter should show 7 laps remaining. Barriers H3 and H5 are off.

**H3** is placed in position once the athletes have passed the first time. Cones are placed on the pole line so that athletes by-pass H4 and repositioned once the athletes have passed the first time.

**H5** is placed in position once the athletes have passed the first time.

- Athletes first barrier jump is **H1**.
- Thereafter they will face all five (5) barriers in each of their remaining seven (7) laps.
- Total number of jumps in the race is **35**. (28 barriers, 7 water jumps)

## **Steeplechase**

Athletes must go over each hurdle and over and through the water in any manner

No part of the athlete can go around a hurdle or below the horizontal plane (foot or leg)

### **Splits**

- Split times are determined by the number of steps between the start of the SC and the start of the regular race, divided by the number of water jumps
- Water jump inside the track – move counter clockwise
- Water jump outside the track – move clockwise

### **1500 (Under 16)**

Height : Men and Women .76m/30"

Begins at the regular 1500m start line

15 hurdles and no water jumps

### **2000m (Under 18)**

Height : Men .84m/33" Women .76m/30"

18 hurdles with 5 water jumps

First jump is at the third hurdle of a normal lap

### **3000 (Senior / Under 20)**

Height: Men .91m/36" Women .76m/30"

28 hurdles with 7 water jumps

The distance from the start to the first lap does not include any jumps