
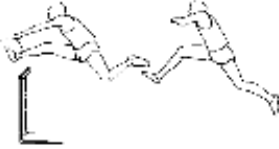
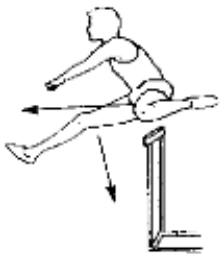




SPRINT HURDLES

by

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The overall hurdle action should be seen as a modified running stride. The modifications in the running action should allow hurdle clearance with minimal loss of speed and negligible change in running action.

EVENT PHASE		
	<p>START & APPROACH TO FIRST HURDLE</p>	<ul style="list-style-type: none"> • Hips slightly higher in start, tall upright position achieved earlier than in sprinting • 8 strides to first hurdle • Avoid lateral deviations in running action, eyes focused on first hurdle
	<p>TAKE-OFF</p>	<ul style="list-style-type: none"> • Takeoff stride slightly shortened, takeoff drive is more forward than upwards • Free thigh swung rapidly past horizontal. • Hip, knee & ankle of takeoff leg are fully extended with the ankle flexed • Upper body drives towards the hurdle
	<p>HURDLE CLEARANCE</p>	<ul style="list-style-type: none"> • Powerful drive from rear (trail leg) • Lead leg is actively driven to the ground • Trail leg folded, toes tilted upwards, thigh roughly parallel to ground at clearance • Trail leg foot tucked into buttocks and pulled rapidly forward • Knee drawn up to armpit as hurdle is passed in preparation for next stride • Trunk well bent, shoulders parallel to the hurdle

	<p>LANDING & RUN-OFF</p>	<ul style="list-style-type: none"> • Landing is on the ball of the foot • Body maintains forward lean • Trail leg stays tucked until touchdown, then is pulled quickly and actively forward • Contact time is short, next stride aggressive • Shoulders remain square to running path • Synchronized arm action
	<p>RUNNING BETWEEN HURDLES</p>	<ul style="list-style-type: none"> • 3 strides between hurdles • Athlete runs tall with high hips and rhythmic leg movements • Good sprinting form with slightly shorter strides • Last stride slightly shortened
	<p>SPRINT FINISH</p>	<ul style="list-style-type: none"> • Do not snatch at the last hurdle with the leading leg • Maintain an active forward position off the last hurdle and continue into running action • Maximize use of the run-in distance by not anticipating the finish

Slight changes are evident in women's technique as their hurdles are relatively lower than the men's. These include a more upright body position on clearance and a greater bending of the lead leg knee.