







STEEPLECHASE

by Norm Osborne

The standard distances for steeplechase races are 3000 metres for both men & women with adjustments to the height of the obstacles. The race has twenty-eight hurdles with seven water jumps. Athletes who are capable at 1500, and 5000, with a good cross country background and prepared to train over obstacles can be successful at these events.

EVENT PHASE		
	<p>BASIC DISTANCE</p> <p>RUNNING TECHNIQUE</p>	<ul style="list-style-type: none"> • Run with slight body lean forward • Rhythmical running stride pattern • Heel landing & ball of foot take-off • Arms swinging easily • Low knee lift
	<p>TOTAL WATER- JUMP CLEARANCE</p>	<ul style="list-style-type: none"> • Acceleration to the barrier • Drive up to place foot on barrier • Keep low and roll over barrier • Extend powerfully off the barrier • One foot landing and continue running
	<p>CONTACT</p> <p>ROLLOVER</p> <p>PUSH OFF</p>	<ul style="list-style-type: none"> • Aim for the instep to strike the barrier first • Roll over the top with a continuous motion. • Push off from the front top edge

	<p>HURDLE APPROACH, TAKE- OFF AND FLIGHT</p>	<ul style="list-style-type: none"> • Move out for clear run to obstacle • Hurdle technique similar to 400 meter hurdle clearance • Less dip • More relaxed clearance action
	<p>LANDING AND RUN- OFF</p>	<ul style="list-style-type: none"> • Lead knee high • Less snap in action • Trailing leg pulled through • Return to running rhythm • Maintain speed
	<p>ALTERNATIVE HURDLE TECHNIQUE</p>	<ul style="list-style-type: none"> • Rules permit hurdles to be stepped on if athlete desires • Drive up to the hurdle, stay low over the top and drive off with less extension than with the water jump • Resume running technique