

# Hurdles



# Rules for Hurdles

→ Same rules apply as all sprinting events.

→ FYI: You can knock down your hurdle just as long as you stay in your lane.





# Critical Elements



1. Lead arm drives forward and it does not cross the midline of the body.



- 
2. **Dominant leg** will lead with the knee.



3. **Trail leg** stays tight to the body, remains high and goes back into sprint mechanics upon landing.



4. **Keep toes flexed** (Dorsiflexion toward the body)

# 110m Hurdles Training

