

| ΕΜΠΟΔΙΑ/HURDLES      |   |                        |             |                                    |                       |                     |                          |
|----------------------|---|------------------------|-------------|------------------------------------|-----------------------|---------------------|--------------------------|
| ΓΥΝΑΙΚΩΝ/WOMEN       | ΗΛΙΚΙΑ/AGE                                  | ΑΓΩΝΙΣΜΑ/RACE DISTANCE | ΥΨΟΣ/HEIGHT | ΑΡΙΘΜΟΣ ΕΜΠΟΔΙΩΝ/NUMBER OF HURDLES | ΑΠΟΣΤΑΣΗ 1ου ΕΜΠΟΔΙΟΥ | ΑΠΟΣΤΑΣΗ ΕΝΔΙΑΜΕΣΗΣ | ΑΠΟΣΤΑΣΗ ΕΩΣ ΤΕΡΜΑΤΙΣΜΟΥ |
| <b>ΕΝΤΟΣ ΣΤΑΔΙΟΥ</b> | W35-39                                      | 60m                    | .840m (33") | 5                                  | 13m                   | 8.5m                | 13m                      |
|                      | W40-49                                      | 60m                    | .762m (30") | 5                                  | 12m                   | 8m                  | 16m                      |
|                      | W50-59                                      | 60m                    | .762m (30") | 5                                  | 12m                   | 7m                  | 20m                      |
|                      | W60+  | 60m                    | .686m (27") | 5                                  | 12m                   | 7m                  | 20m                      |
| <b>Short</b>         | W35-39                                      | 100 m                  | .840m (33") | 10                                 | 13m                   | 8.5m                | 10.5m                    |
|                      | W40-49                                      | 80m                    | .762m (30") | 8                                  | 12m                   | 8m                  | 12m                      |
|                      | W50-59                                      | 80m                    | .762m (30") | 8                                  | 12m                   | 7m                  | 19m                      |
| <b>Long</b>          | W60+  | 80m                    | .686m (27") | 8                                  | 12m                   | 7m                  | 19m                      |
|                      | W35-49                                      | 400m                   | .762m (30") | 10                                 | 45m                   | 35m                 | 40m                      |
|                      | W50-59                                      | 300m                   | .762m (30") | 7                                  | 50m                   | 35m                 | 40m                      |
|                      | W60-69                                      | 300m                   | .686m (27") | 7                                  | 50m                   | 35m                 | 40m                      |
|                      | W70+  | 200m                   | .686m (27") | 5                                  | 20m                   | 35m                 | 40m                      |
|                      | <b>ΦΥΣΙΚΑ ΕΜΠΟΔΙΑ/STEEPLECHASE ΓΥΝΑΙΚΩΝ</b> |                        |             |                                    |                       |                     |                          |
| ΓΥΝΑΙΚΩΝ/WOMEN       | W35+  | 2000m                  | .762m (30") | 18 ΕΜΠΟΔΙΑ ΚΑΙ 5 ΕΜΠΟΔΙΑ ΛΙΜΝΗΣ    |                       |                     |                          |
|                      |   |                        |             |                                    |                       |                     |                          |
| ΑΝΔΡΩΝ/MEN           | ΗΛΙΚΙΑ/AGE                                  | ΑΓΩΝΙΣΜΑ/RACE DISTANCE | ΥΨΟΣ/HEIGHT | ΑΡΙΘΜΟΣ ΕΜΠΟΔΙΩΝ/NUMBER OF HURDLES | ΑΠΟΣΤΑΣΗ 1ου ΕΜΠΟΔΙΟΥ | ΑΠΟΣΤΑΣΗ ΕΝΔΙΑΜΕΣΗΣ | ΑΠΟΣΤΑΣΗ ΕΩΣ ΤΕΡΜΑΤΙΣΜΟΥ |
| <b>ΕΝΤΟΣ ΣΤΑΔΙΟΥ</b> | M35-49                                      | 60m                    | .991m (39") | 5                                  | 13.72 m               | 9.14m               | 9.72m                    |
|                      | M50-59                                      | 60m                    | .914m (36") | 5                                  | 13m                   | 8.5m                | 13m                      |
|                      | M60-69                                      | 60m                    | .840m (33") | 5                                  | 12m                   | 8m                  | 16m                      |
|                      | M70-79                                      | 60m                    | .762m (30") | 5                                  | 12m                   | 7m                  | 20m                      |
| <b>Short</b>         | M80+  | 60m                    | .686m (27") | 5                                  | 12m                   | 7m                  | 20m                      |
|                      | M35-49                                      | 110m                   | .991m (39") | 10                                 | 13.72 m               | 9.14m               | 14.02m                   |
|                      | M50-59                                      | 100m                   | .914m (36") | 10                                 | 13m                   | 8.5m                | 10.5m                    |
|                      | M60-69                                      | 100m                   | .840m (33") | 10                                 | 12m                   | 8m                  | 16m                      |
| <b>Long</b>          | M70-79                                      | 80m                    | .762m (30") | 8                                  | 12m                   | 7m                  | 19m                      |
|                      | M80+  | 80m                    | .686m (27") | 8                                  | 12m                   | 7m                  | 19m                      |
|                      | M35-49                                      | 400m                   | .914m (36") | 10                                 | 45m                   | 35m                 | 40m                      |
|                      | M50-59                                      | 400m                   | .840m (33") | 10                                 | 45m                   | 35m                 | 40m                      |
|                      | M60-69                                      | 300m                   | .762m (30") | 7                                  | 50m                   | 35m                 | 40m                      |
|                      | M70-79                                      | 300m                   | .686m (27") | 7                                  | 50m                   | 35m                 | 40m                      |
|                      | M80+  | 200m                   | .686m (27") | 5                                  | 20m                   | 35m                 | 40m                      |
|                      | <b>ΦΥΣΙΚΑ ΕΜΠΟΔΙΑ/STEEPLECHASE ΑΝΔΡΩΝ</b>   |                        |             |                                    |                       |                     |                          |
| ΑΝΔΡΩΝ/MEN           | M35-59                                      | 3000m                  | .914m (36") | 28 ΕΜΠΟΔΙΑ ΚΑΙ 7 ΕΜΠΟΔΙΑ ΛΙΜΝΗΣ    |                       |                     |                          |
|                      | M60+  | 2000m                  | .762m (30") | 18 ΕΜΠΟΔΙΑ ΚΑΙ 5 ΕΜΠΟΔΙΑ ΛΙΜΝΗΣ    |                       |                     |                          |