

Hurdle Touch Down Time Charts

Boys 110 Hurdles

Target	H1	H2	H3	H4	H5	H6	H7	H8	H9	H10
13.6	2.5	3.6	4.6	5.6	6.6	7.7	8.8	9.9	11.0	12.2
14.0	2.5	3.6	4.6	5.7	6.8	7.9	9.0	10.1	11.2	12.4
14.4	2.6	3.6	4.7	5.8	6.9	8.1	9.3	10.5	11.7	12.9
14.8	2.6	3.7	4.7	5.8	7.0	8.2	9.4	10.6	11.8	13.0
15.0	2.6	3.7	4.9	6.0	7.2	8.3	9.5	10.7	12.0	13.2
15.5	2.7	3.8	5.0	6.2	7.4	8.6	9.8	11.0	12.3	13.6
16.0	2.8	3.9	5.1	6.4	7.6	8.8	10.1	11.3	12.6	14.0
16.5	2.9	4.0	5.2	6.6	7.8	9.0	10.4	11.6	12.9	14.3
17.0	3.0	4.1	5.3	6.7	8.0	9.2	10.7	11.9	13.2	14.6
17.5	3.1	4.2	5.4	6.8	8.2	9.4	11.0	12.2	13.5	14.9
18.0	3.2	4.3	5.5	6.9	8.4	9.6	11.3	12.5	13.8	15.2
18.5	3.3	4.4	5.6	7.1	8.6	10.0	11.6	12.8	14.1	15.5

Boys 300 Hurdles

Target	H1	H2	H3	H4	H5	200	H6	H7	H8
36.6	6.0	10.3	14.4	18.6	22.8	24.3	26.7	31.2	35.4
38.0	6.3	10.6	14.8	19.1	23.2	25.2	27.7	32.2	36.8
39.4	6.5	10.9	15.2	19.5	23.9	25.9	28.5	33.2	36.8
40.8	6.8	11.2	15.6	20.1	24.6	26.7	29.4	34.3	39.3
42.2	7.1	11.6	16.1	20.8	25.5	27.6	30.4	35.5	40.7
43.7	7.3	12.0	16.7	21.5	26.4	28.6	31.5	36.7	42.1
45.2	7.6	12.4	17.3	22.2	27.3	29.5	32.5	38.0	43.5
46.6	7.8	12.8	17.8	22.9	28.1	30.5	33.6	39.2	44.9
48.1	8.1	13.2	18.3	23.6	28.9	31.5	34.7	40.4	46.3
49.6	8.3	13.6	18.8	24.3	29.7	32.5	35.8	41.6	47.7