



ESAA

English Schools' Athletic Association

Selection of athletes for long and short hurdles events at SIAB Track and Field 2026.

Girls' Sprint Hurdles Specifications

	Distance	Height	Number	Approach	Interval	Finish
SIAB (U17)	80m	76.2cm	8	12.00m	8.00m	12.00m
ESAA U18 Championships 2026	100m	76.2cm	10	13.00m	8.50m	10.50m

Girls' Long Hurdles Specifications

	Distance	Height	Number	Approach	Interval	Finish
SIAB (U17)	300m	76.2cm	7	50.00m	35.00m	40.00m
ESAA U18 Championships 2026	400m	76.2cm	10	45.00m	35.60m	40.00m

Boys' Sprint Hurdles Specifications

	Distance	Height	Number	Approach	Interval	Finish
SIAB (U17)	100m	91.4cm	10	13.00m	8.50m	10.50m
ESAA U18 Championships 2026	110m	91.4cm	10	13.72m	9.14m	14.02m

Boys' Long Hurdles Specifications

	Distance	Height	Number	Approach	Interval	Finish
SIAB (U17)	400m	84.00cm	10	45.00m	35.00m	40.00m
ESAA U18 Championships 2026	400m	84.00cm	10	45.00m	35.60m	40.00m

Athletes for long and short hurdles events for the SIAB Track and Field International 2026 will be selected from Y11 athletes from the ESAA Track and Field Championship U18 Short and Long Hurdles events at the discretion of ESAA.

Please note SIAB hurdles specifications for 2026 are above.