

Chapter 1 : Sprint Speed vs. Hurdle Speed - Hurdles First

Going over All the Hurdles: A Life of Oatess Archey, written by John A. Beineke, who lived in Madison and was one of Archey's students, is the fifth volume in the IHS Press's youth biography series. The book explores the career of Archey, the first African American to be elected sheriff in Indiana.

High school[edit] The high school version uses a standard 45 meter start to the first hurdle. Thus the high school race is equivalent to beginning of a standard meter hurdle race, but its placement on the track is shifted meters around the track so it finishes at the common finish line on the straightaway, where the longer race would reach the same point near the end of the second turn. There are 8 hurdles in the high school version, [1] the last hurdle just 10 meters before the finish line. High schools began adopting the longer hurdle event state by state starting in the s. At the time, most which school competition was using United States customary units , so the race was the yard hurdles and since that occurred before Title IX , competition was only for boys. By the mid s girls competition had been added, but girls events were still undergoing a stage of evolution. Essentially the administrators did not know the capabilities of women and were overcautious not to put them into too difficult events. Metrication finally took hold in the NFHS in , the last major sports governing body to adopt metric distances. The official distance became meters, but many competitions continued to be in yards because the tracks were still marked for that distance. Hurdle heights also have undergone a period of evolution. Until , boys ran over low hurdles 30" in height. When girls were introduced to the event around , they ran the same height as the boys until the boys height was raised to the full intermediate hurdle height of 36" for the season. Record progression[edit] Curiously all national record holders have been from California. Gayle Kellon is credited with the first record in at Leslie Maxie improved upon the record in , taking the record first to Her record held for 17 years until Lashinda Demus took the record below 40 to She broke the national record by over a second. Danny Harris had the low hurdle mark at The following year, George Porter ran That record held for 22 years until Jeshua Anderson finally nudged it down to Chasing Anderson to his record was sophomore Reggie Wyatt , who after losing his junior year to ineligibility took the record to Wyatt set his record in the preliminary round anticipating his successful attempt to double in the meters. Masters athletics[edit] The Masters version of the race is different. The distance from the start line to the first hurdle is 50 metres, which makes all the hurdle marks in the same place as the last seven hurdles of the standard metre version, thus Masters only go over seven hurdles. While men of all ages have run over hurdles, the youngest official division to use the distance is M M60 and M65 run over inch Prior to , older age divisions also did hurdles, though the number of competitors was small. By that time, inch hurdles were embedded in the rulebook. Women also do the hurdles, W50 to W65 divisions. Most facilities that have spent thousands of dollars to buy regulation hurdles would certainly not let their hurdles be damaged like this. Since it is a requirement, [5] major championship meets have purchased a few sets of modern modified hurdles, which then creates the logistical problem of shipping these few hurdles between meets in order for the competitors to have an opportunity to race over proper hurdles. As a substitute, many older hurdle designs are easier to modify to get to the proper height and most facilities are less protective of the old, rusty hurdles in the junk pile. Also many training hurdles used to teach smaller, youth beginners will go to 27 inches and lower. Progression[edit] The world record progressions for M60 , M65 and M70 were dominated by Jack Greenwood for a decade as he passed through each division. The M85 division was held by Hugo Delgado Flores at 1: After another decade, Jane Horder advanced the W55 record to By the time Raschker reached W60, Marge Allison had already put the record out to Allison also has the W65 record at Florence Meiler had the W70 record at 1:

Chapter 2 : Going Over All the Hurdles: A Life of Oatess Archey by John A. Beineke

Going Over All the Hurdles has 3 ratings and 3 reviews. Mary said: This is a book about a good and great man who overcame many obstacles in his life writ.

I can attack the hurdles with all the confidence in the world but sometimes that makes me jump higher over it. Is your lead leg being led with the knee and your foot tucked under the knee? Being a good jumper, the tendency is to drop both arms before jumping. Are you doing that while attacking the hurdle? Participant Matt Gardner on February 3, at Also check takeoff distances and touchdown distance. Upload a vid and we can offer more specific recs. Participant Shane Stadtmueller on February 3, at 2: I am getting my lead leg driven up and extended over the hurdles and my trail leg to the side and then snapping back in. I do have trouble controlling my arms they tend to flop around to the sides instead of being tight. Those are some good ideas, thanks Matt! I do believe what you describe as the lead leg drill with the foot under the knee is something we already do, or at least is similar. My coach sets up 5 hurdles about 2 strides from hip to hip apart and has us drive our knees up with our feet very close to the top while kicking our trail leg heel to out butts. I will try to get some vids tonight at practice, at least of me hitting the first one or two hurdles. Anonymous on February 3, at I have seen long jumpers doing hurdles and mimic the penultimate step at the hurdle. Participant Shane Stadtmueller on February 3, at 1: A few thing I notice: Nice high hips and run the takeoff are what you want vs you just slamming that takeoff foot into the ground. Increasing your sprint speed will help and make getting to spots easier as you look like you feel pressed to make spacing. Arms a mess and need lots of lower speed simplified work I like 5 step work or leads or trails done as 5 step work as you need tons of reps to get coordinated doing real hurdling not just walkovers. Participant Matt Gardner on February 3, at 2: You are hurdling flat-footed. This is death for hurdlers, because it sends you up rather than forward into the hurdle. Participant Derrick Brito on February 3, at 7: First, your lead arm rockets to the moon when you hurdle. If you can focus on throwing it forward rather than up I think it will help. Second, put a cone at your desired takeoff distance for the first hurdle. Video yourself to see if you are taking off at that distance and adjust accordingly. Should be in the neighborhood of feet. Participant Matt Norquist on February 5, at IMO " your issue stems from your set up to first hurdle. You are not pushing upright soon enough different in HH vs. Push upright by step Participant Matt Gardner on February 5, at 2: He looks like he needs to get a lot faster and learn how to hurdle everything he is a track and field athlete. Participant Matt Norquist on February 5, at 3: Posture into first hurdle sets the rhythm for the whole race. Yes, overall program and getting faster helps. But as long as one is not miserably slow, 8 steps to H1 is not a challenge, and moving between hurdles is about posture and angle of attack as much as anything. Anyone faster than mids m is having to cut steps to 3 step. Participant Matt Gardner on February 5, at 4: I said a complete prescription best you can do under constraints gets you complete solutions. Kid wants to know how to hurdle better. Posture, takeoffs, arm actions, spacing, rhythms and first and foremost you have to be a sprinter to be ahurdler. Cues are great, drills are great, they are tools, if you want to fix things you have to fix things. Do you just line up full spacing and height and get taller. I see jumpers I almost always go the Winkler approach of just one low hurdle until they figure that out single hurdle run over it over and over again until they learn posture and takeoff basics sticks and bricks, pizaza boxes, scissor hurdles or low hurdles inch you get the idea. Visual feedback, auditory whatever they need and make change. Then scale up into 5 step work great to work hurdle action and arms and 3 step work with comfortable spacings and heights to challange them to execute at speed, but hurdle well low first. Participant gaspar on February 5, at Running over heel generates the jump you see on the hurdle. Viewing 15 posts - 1 through 15 of 18 total You must be logged in to reply to this topic. Like Us On Facebook.

Chapter 3 : Hurdles Quotes - BrainyQuote

Going over All the Hurdles: A Life of Oatess Archey Explore the career of Oatess Archey, the first African-American to be elected sheriff of Grant County. Raised in Marion, Indiana, the young Archey and his loving family lived under the cloud of the notorious lynching of two young black men.

But the start lines are in different places on the track, so there are two sets of markings. The only marking in the first m the turn is the one for H. If you are on the other end of the track, that is also the one that lines up with the beginning of the final 4x relay zone usually still in the turn. The hurdles marking is the one that lines up with the beginning of the 4x zone near the finish line, and will be the one 5 meters farther to the finish line in every pair of long hurdle marks all the way around the track. The h finishes with 40m to the finish, By the way, if you are running a H, you should know the difference between a meter metric track and a yard imperial track, which is about 7 feet longer. I have never seen an imperial track that does not have metric markings though it is possible , so that is usually the clue. If the start line in lane 1 is not on the common finish, you are dealing with a track that is not m though there are a couple of tracks that are also not imperial, just an improper measurement on construction. If you are on an old imperial track, there might be double markings for staggered start and hurdle marks. The imperial marks are the same seven feet before the metric marks. Men and Women up to age 49, Intermediate Boys, Intermediate Girls, Young Men and Young Women all do the normal international m races, males at 36", females at 30" Men lower the hurdles one notch to 33" The Masters H races for both men and women run a different distance to the first hurdle 50m, so the hurdles are in the same place as the H race. They continue with 35m spacing and finish with 40m to the finish. High Schools as mentioned above run m in most states, boys at 36", girls at 30" except when local rules cause a change. Steeplechase Steeplechase actually seems easy compared to the various hurdle heights and markings. Steeplechase is much less precise, meaning the distance runners do not count their steps and plan their distance between barriers. In fact, the distance between barriers could be different depending if this is an inside, slice or outside design. The only rule is the spacing between the 4 barriers and water jump should be evenly spaced around the odd sized lap, that the water jump is the next to last barrier and that the last barrier should be 68m before the finish line which kind of puts the others in their relative position. Most tracks that have steeplechase already have that worked out, but there are a couple of exceptions to look out for. If the water jump is on the same end of the track as the finish line, the steeplechase will finish at the opposite finish line from the common finish line examples: And if the water jump is a slice, meaning a short runway across just half the inside of a turn examples, Stanford, West Valley College, College of the Canyons, CMS and SJCC , the finish line could be about 20 meters down the straightaway from the common finish line. There are only two barrier heights to be aware of. Masters and Youth run meters. If they are adjustable, it is usually with a bolt or pin arrangement--the fancier models use a knob to tighten. Some have combinations of locking rings you lift up on the ring then after it is in the new location putting the ring back down locks it in place. Both helpers need to lift to the next hole before pins are replaced. To adjust the barriers, you should have three people--one to hold each end and the third to do the adjustment. If most of these adjustable barriers are not balanced meaning if one end slides lower than the other as they are adjusted, they are so closely aligned to the support frame that it will get stuck. Do not try to do this by yourself--you could damage the barrier. On a , the barriers before the common finish line meaning the water jump and the one on the straightaway after it are not used on the first lap. That first partial lap is run on the regular track. That means the first barrier is the the one just after the finish line after you have seven laps to go. Depending on if the water jump is inside or outside the curb or cones separating or directing the athletes from or to the water jump also should be removed or placed after the athletes pass that point. Doing the math, that means 28 barriers and 7 water jumps in a 7 and a half lap race. Obviously moving barriers and removing curbs during the race requires the staff to do so. The difference in a is it is a 5 lap race. And it is missing the first two barriers, which are the two between the start line and the water jump. Again doing the math, that is 18 barriers and 5 water jumps. Most tracks are not marked for the start. To measure the start where it does not exist, you measure the distance from the leading

edge of the meter start line in lane one to the existing steeplechase start. For the metrically challenged, I really suggest you do this metric or it will fry your brain. Of course you need to take note of the direction FROM the start, if the track has an inside water jump you will be walking back into the straightaway. If it is an outside water jump you will be walking forward into the turn. The easiest way for me to calculate is to divide by 7 then multiply by 5, but if you have a calculator with you, multiply by. Old Hurdle Races There used to be other hurdle races and occasionally new hurdle races are invented. The most common of those defunct races is the y and y low hurdles. Being invented in the imperial days, these followed imperial measurements. The hurdles were 30" 20yards to the first hurdle and 20 yards in between. California High Schools ran the low hurdles until many other states evolved about the same time , so many of us relics can still claim high school records in those events since nobody is running them anymore. The old y and its metric equivalent are two of the 5 world records set by Jesse Owens that one day. Since this race was usually run on a straightaway, many old facilities still show remnants of the y straightaway that was needed for this race. Because the straight y existed, one turn y and straight y races without hurdles were also contested causing separate records to be kept. It took until for Michael Johnson to finally beat the old straightaway record held by Tommie Smith set in This was a fun addition to some local meets that gave otherwise unrecognizable athletes a chance to chase a record. Because I was able to consistently get through this odd race without falling flat on my face, I held the "World Record" for over a year as I ran through the carnage of my faster challengers who had impaled themselves on hurdles before I ever got there. The above were the basics, here is the unique information this page offers: Age Group Hurdles Since this contains more corrected information than the rulebook, meet directors are urged to print these charts out and use it as a guide to place your hurdles. The chart will show the easy way to place those hurdles. The start line for 80m is exactly at the 6th H mark high school hurdles , 1.

Chapter 4 : How to Hurdle: 7 Steps (with Pictures) - wikiHow

Going over All the Hurdles: A Life of Oatess Archey By John A. Beineke Explore the career of Oatess Archey, the first African-American to be elected sheriff of Grant County. Raised in Marion, Indiana, the young Archey and his loving family lived under the cloud of the notorious lynching of two young black men.

Hurdle Speed Sprint Speed vs. Hurdle Speed I was having a conversation the other day with one of my athletes about the differences between sprinting speed and hurdling speed. As someone with a background in sprinting who is just now learning the dynamics of hurdling rhythm, he mentioned that he is discovering that sprinting speed and hurdling speed are nothing alike, that, in learning to improve his hurdling, he has had to dramatically alter his sprinting stride between the hurdles. The two main factors that contribute to sprint speed are stride length and stride frequency. The two main factors that contribute to hurdle speed are stride frequency and hurdle clearance. But stride length for a hurdler can only be improved so much before that improvement becomes a detriment. Longer strides, which are essential to a sprinter, can cause a hurdler multiple issues with rhythm and hurdling technique. Efficient hurdling technique is vital because of the simple fact that the less time you spend in the air, the more time you spend running. Other differences between how sprinters sprint and how hurdlers sprint include arm carriage and knee lift. Arm carriage for sprinters is cheek to cheek, or chin to back pocket, with the elbow bent a 90 degree angle. For a hurdler, the bend at the elbow is the same, but the arms should only get chest-high, or neck-high, and instead of going all the way down to the butt-cheek, should only go as low as the waist. So really, a hurdler at full speed is just flicking his hands up and down. Ironically, a hurdler with full range of motion with the arms is not moving as fast as one with lower arm carriage, which goes against all the basic principles of sprint speed. But think about it. A hurdler with a full range of motion with the arms is working too hard. Only hurdlers who are straining to maintain a 3-step stride pattern need a full range of motion with the arms. And maintaining that level of effort is very difficult because it is so fatiguing. In the photo on the left, Walter Dix of Florida State exhibits full range of motion with the arms. In the photo on the right, Terrence Trammell, even at full speed, raises his arms only chest-high. The arms of all the hurdlers in this photo are low. Imagine what would happen if any of them tried to use their arms like Dix. Their knee-lift, also, is low compared to that of a sprinter. Same thing with knee lift. Sprinters want to drive the knee to an angle parallel to the ground. Knee-lift for a hurdler is much lower. Hurdlers are fastest when they are shuffling between the hurdles, not when they are opening up their stride and sprinting as a sprinter would sprint. So, the mechanics for a sprinter and a hurdler are the same, but for a hurdler, the mechanics must be modified, in order to establish and maintain an optimal rhythmic pattern between the hurdles that allows for as little deceleration as possible. This photo from the USA Nationals also shows the low arm carriage and low knee lift of hurdlers. Hurdling is sprinting over barriers. This statement is in fact true. An athlete who learns sprint mechanics before ever learning how to hurdle can learn how to hurdle very quickly if taught to modify his sprint mechanics to fit the rhythm of a hurdle race. But a sprinter who tries to merely transfer his sprint motion into his hurdling will have all kinds of problems with crowding, balance, etc. If speed were the only factor in determining who the best hurdlers are, then, hypothetically, Asafa Powell or Tyson Gay could step into the hurdles and beat Liu Xiang. But we all know that cannot happen. Even as it stands now, many wonder how Xiang is able to beat Trammell, Robles, and others who have faster flat sprinting speed. There are hurdles in the way. Everybody has to adapt his speed to the space between the barriers. Nobody does that better than Xiang. Take away the hurdles, and you take away the motivation to run fast. Or he feels uncomfortable and awkward doing so. The strides feel too long and the turnover feels too slow. I would also add that although the content of this article applies primarily to male hurdlers, too much sprint speed can also cause rhythm problems for female hurdlers.

Chapter 5 : Jumping Over Rather Than "Hurdling" - ELITETRACK

The many HURDLES all the way will pull at your heart strings, cry with laughter, challenging your spirit and fill your soul with joy. This memoir will take you on a journey to the core of author's true self, while understanding the importance of her family and friends.

Long-jumpers jump, triple-jumpers jump, high-jumpers jump. And I did know what he meant, but I could not answer the question the way it had been phrased. The more time spent in the air, the less time spent on the track, and, therefore, the slower the race. There are several factors that can cause a hurdler to glide over hurdles instead of sprinting over hurdles, and I want to address some of them in this article. The goal is to skim each hurdle as you clear it, without actually hitting it hard. When you swing from the hip with a locked knee, you basically have no control over where that leg will go. So, for starters, lead with the knee, lead with the knee, lead with the knee. Hurdling form, at its best, is merely an extension of sprinting form. I find it amazing how beneficial it is to actually look at a spot on the crossbar, and to drive your knee at that spot. For some reason, if the eyes stay low, the body stays low. That has been my experience. If the eyes start wandering upward, the body tends to wander upward too. So, pick out that spot on the crossbar, and drive your lead leg knee at it. The hurdler no longer has any control over the lead leg, and has to wait for gravity to bring the leg back down to the track. This problem not only causes a major pause in the lead-leg action, but also, as a result, causes the hips to turn, and the trail leg knee to dip down too low. Another problem that can cause gliding is the tendency to maintain the same upper-body posture while clearing the hurdle that one has established while sprinting. How much you have to buck depends on the height of the hurdle, and your height as well. As the knee drives upward, into the hurdle, the lower back needs to simultaneously be pushing down. Neither the head nor the eyes nor the upper back come down, but only the lower back. For more experienced hurdlers, who lead with the knee, who drive with the knee, who buck from the lower back, yet still glide over hurdles, the problem is pretty simple: Where, physically, does this problem manifest itself? In the trail leg, before it even leaves the ground. How to fix this problem? A coaching friend of mine gave me a suggestion that worked very well for me with one of my hurdlers:

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The standard number of steps to the first hurdle should be 8. The standard long hurdle race is meters for both men and women. Each of these races is run over ten hurdles and they are all Olympic events. These low hurdles events were widely participated in the early part of the 20th century, particularly in North America. However, beyond these two Olympic outings, they never gained a consistent place at international competitions and became increasingly rare after the s. This hurdle race continues to be run in places such as Norway. The sprint hurdle race indoors is usually 60 meters for both men and women, although races 55 meters or 50 meters long are sometimes run, especially in the United States. A meter indoor race is run over 5 hurdles. A shorter race may occasionally have only 4 hurdles. Outdoors, a long hurdle race is sometimes shortened to meters for younger participants, who run over 8 hurdles. For example, high school and middle school athletes in California and Pennsylvania run the meter hurdles instead of running the meter hurdles, like the majority of state competitors run today. The distance the hurdles are spaced is identical to the beginning of a standard meter race which would have 10 hurdles. There are also meter races for middle school and younger divisions over 5 hurdles spaced in the same position as the last 5 hurdles of a standard meter race. Height and spacing[edit] There are five hurdle heights on most standard hurdles. The next highest, sometimes "high school high" [13] 39 inches The middle position of 36 inches The next lower position, 33 inches The lowest position, called the "low hurdle" 30 inches Some races call for 27 inches or Most races which are shorter than the standard distance such as indoor races are simply run over fewer hurdles but use the same distances from the starting line. See Masters athletics track and field and Youth athletics. Please help improve this article by adding citations to reliable sources. Unsourced material may be challenged and removed. August Learn how and when to remove this template message A sequence showing hurdling, from This makes a fluid movement between each stage of the race. There is a technique that is desirable to accomplish efficient hurdling action during a race. Many runners rely mainly on raw speed, but proper technique and well-planned steps leading up to and between each hurdle can allow an efficient hurdler to outrun faster opponents. Generally, the efficient hurdler spends the minimum amount of time and energy going vertically over the hurdle, thus achieving maximum speed in the horizontal race direction down the track. When approaching the first hurdle, athletes try to avoid stutter stepping a term used to refer to the cutting of stride length before reaching a hurdle. After launching, the trail leg is tucked in horizontally and flat, close to the side of the hip. The objective is to minimize center-of-gravity deviation from normal sprinting and reduce time spent flying through the air. In order to hurdle properly and not simply jump over it, a runner must adjust his or her hips to raise them over the hurdles. This involves the correct use of the lead leg, trail leg, and arm positions. The lead leg is the leg that goes over the hurdle first, and should remain fairly straight. The trail leg follows the lead leg. The trail leg drives forward at the knee not swinging, as swinging causes the trunk to straighten up , and pulls through to maintain stride length. An effective trail leg will be parallel to the top of the hurdle and will be as close to the top of the hurdle as possible. The arm position is one of the most critical aspects that people often ignore. As the lead leg is being lifted over the hurdle, the opposite arm should cross the body parallel to the ground. As soon as the foot has cleared the hurdle, the knee starts bending again to lessen the effect of a long, slow pendulum. The opposite arm reaches farther forward and the elbow travels out to the side and then behind to make room for the trailing leg. The trailing leg also leads with the knee, but the foot and knee is horizontal, tucked up as tight as possible into the armpit. This enables recovery of some of the energy expended in the flight. As soon as his or her lead leg touches down, the trail leg arm drives the rest of the body forward. In the and meter hurdle events, the fastest hurdlers use the three-step technique. This means that three large steps are taken in between all of the hurdles. In order to do this efficiently, hurdlers must take long strides and maintain their speed for the entire race. If a hurdler begins to slow down while three-stepping, they may not be able to

make it through all of the hurdles and may have to switch to four-stepping or five-stepping technique. When three- or five-stepping, a hurdler will use the same lead leg for all of the hurdles. If a hurdler four-steps, they will have to switch lead legs at each hurdle. A modern hurdle will fall over if a runner hits it. There is no penalty for hitting a hurdle provided this is not judged deliberate. The misconception is based on old rules before the hurdles were weighted. In the Olympics, Bob Tisdall famously won the Olympic Gold medal in the metre hurdles in World Record time, but was not credited with the record due to knocking over a hurdle. There are now specifications for the tipping weight of a hurdle the weights need to be adjusted to correspond with the height of the hurdle so hitting a hurdle theoretically slows down the rhythm of the hurdler. While hitting hurdles is not generally considered desirable, a few sprint hurdlers have succeeded despite knocking over many hurdles. Some coaches suggest if you lightly "kiss" the hurdle with the side of the leg closest to the hurdle, it can help with the runners speed by keeping the runner closer to the ground. They are usually only found at track meets that consist entirely of relay races. In a shuttle hurdle relay, each of four hurdlers on a team runs the opposite direction from the preceding runner. The standard races correspond to the standard sprint hurdle races: Two lanes will be taken up by one team. The 1 and 3 runners on the team will run in one direction down one specific lane and the 2 and 4 runners will run in the opposite direction in the other lane. The runners on each team go in sequence from 1 to 4. Instead of using batons, the runners waiting for their teammate to finish must wait until their teammate gets to a certain point to begin their part of the race. There will be an official looking to see if they take off too early. If they do so, then they will be disqualified; if they take off late then it will just hurt their time and chances of winning the event.

Chapter 7 : Obstacles Quotes - BrainyQuote

Going Over All the Hurdles: A Life of Oatess Archey. by John A. Beineke. Book Resources. Text Complexity Results.

Chapter 8 : metres hurdles - Wikipedia

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Chapter 9 : Download [PDF] Going Over All The Hurdles – Fodreport eBook

There are several factors that can cause a hurdler to glide over hurdles instead of sprinting over hurdles, and I want to address some of them in this article. Obviously, when hurdlers are gliding over hurdles, it's because they're clearing the hurdle too high.