



**BC Athletics**

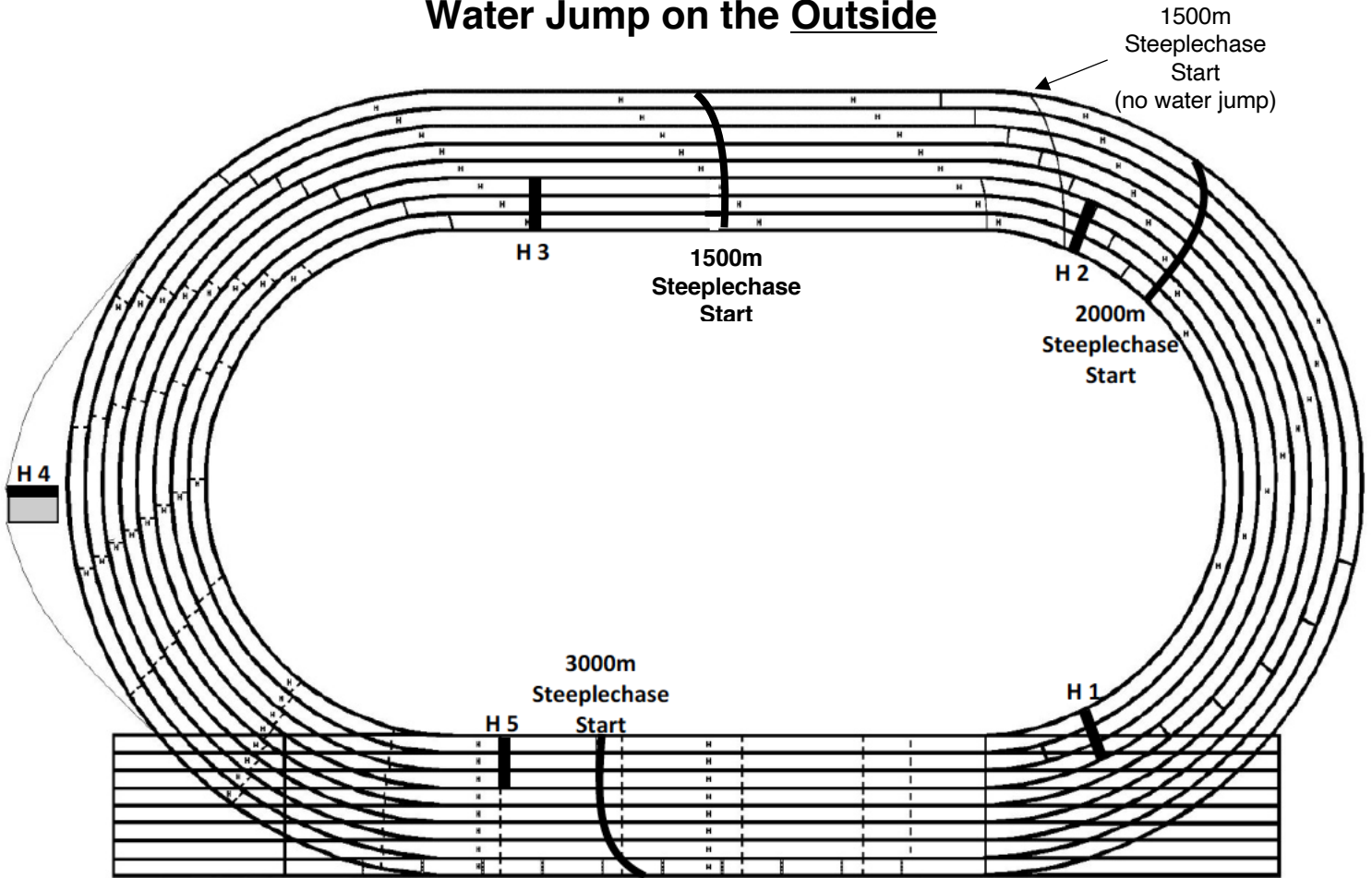
# **Steeplechase Handbook**

Amended 14 May 2022

Amended 14 / 05 / 2022  
V. Sequeira

# 1. Steeplechase Layout and Information

## Water Jump on the Outside



The letters **H1** through **H5** represent steeplechase hurdle jumps. **H4** is the water jump. The others are the on-track barriers whose position is determined by the location of the water jump because the distance between jumps is approximately one-fifth.

Finish Line to H1	10m
H1 - H2	84m
H2 - H3	84m
H3 - H4	84m
H4 - H5	84m
H5 - Finish Line	74m

### **1500m SC (no water)**

Athletes complete 3 laps after passing the finish line on their first lap. (Regular 1500 start line)  
Lap counter should show 3 laps remaining. Barriers H2, H3, and H5 are off.

Barriers **H2, H3 and H5** are placed in position once the athletes have passed the first time.

Athletes first barrier jump is **H1**

Total number of jumps in the race is **12**. (no water jump)

### **1500m SC (with water) (HIGH SCHOOLS)**

Athletes complete 3 laps after passing the finish line on their first lap.  
Lap counter should show 3 laps remaining. Barriers H2, H3 and H5 are off.

Barriers **H2, H3 and H5** are placed in position once the athletes have passed the first time.

Athletes first barrier jump is **H1** (cones are placed once athletes have passed for the first time.)

Total number of jumps in the race is **15**. (12 barriers, 3 water jumps)

### **2000m SC (Startline indicated is approximate, depending upon the layout of the track)**

Athletes complete 4 laps after passing the finish line on their first lap. (to compensate for the out-swing to the water jump.) Lap counter should show 4 laps remaining. All barriers in place except for barrier H2.

**H2** is placed in position once the athletes have passed the first time.

Athletes first barrier jump is **H3**, followed by H4 and H5 during their first lap.

Thereafter they will face all five (5) barriers in each of their remaining four (4) laps.

Total number of jumps in the race is **23**. (18 barriers, 5 water jumps)

### **3000m SC (Startline indicated is approximate, depending upon the layout of the track)**

Athletes complete 7 laps after passing the finish line on their first lap. (to compensate for the out-swing to the water jump.) Lap counter should show 7 laps remaining. All barriers in place except for barrier H5.

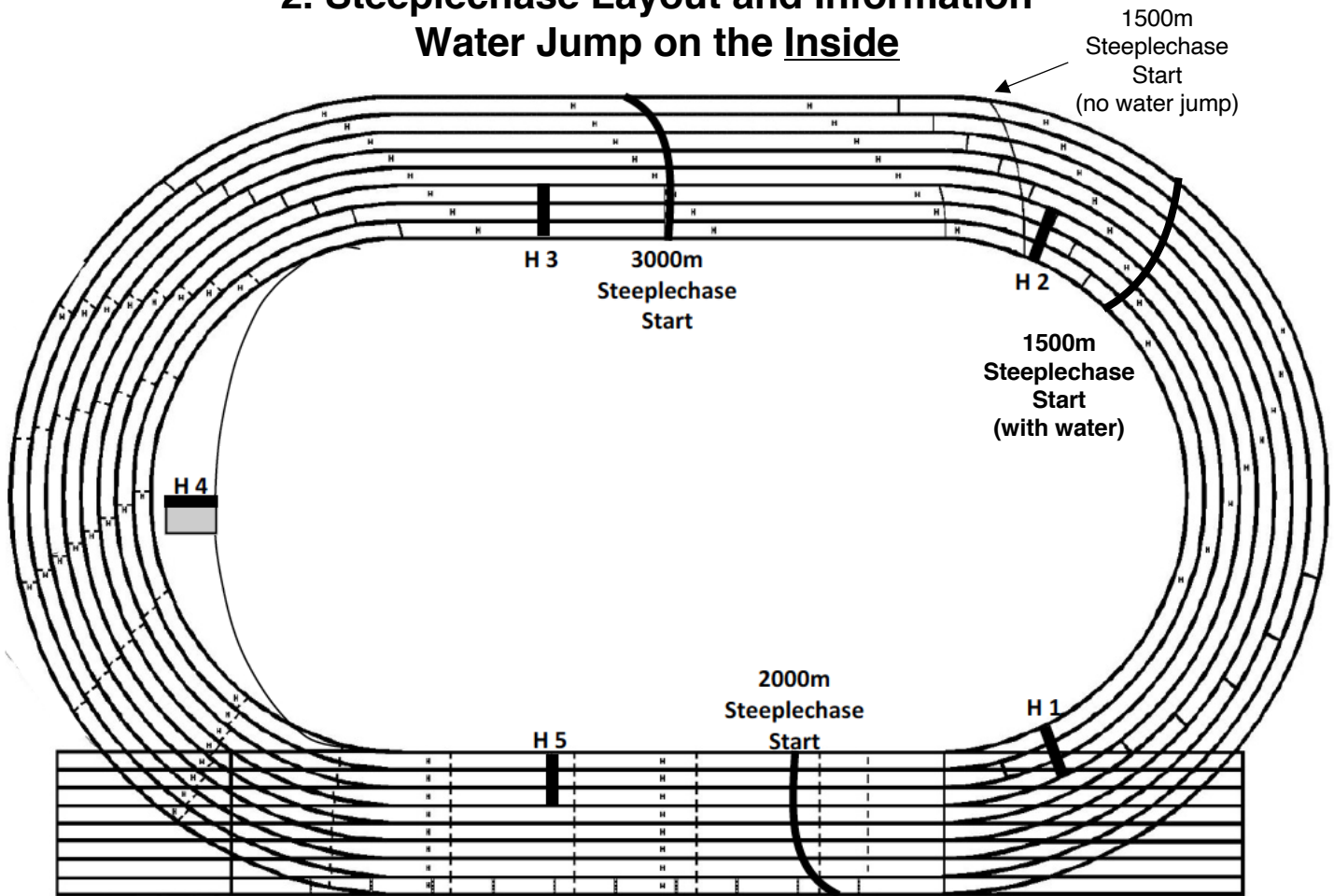
**H5** is placed in position once the athletes have passed the first time.

Athletes first barrier jump is **H1**.

Thereafter they will face all five (5) barriers in each of their remaining seven (7) laps.

Total number of jumps in the race is **35**. (28 barriers, 7 water jumps)

## 2. Steeplechase Layout and Information Water Jump on the Inside



The letters **H1** through **H5** represent steeplechase hurdle jumps. **H4** is the water jump. The others are the on-track barriers whose position is determined by the location of the water jump because the distance between jumps is approximately one-fifth.

Finish Line to H1	12m
H1 - H2	79m
H2 - H3	79m
H3 - H4	79m
H4 - H5	79m
H5 - Finish Line	68m

### **1500m SC (no water)**

Athletes complete 3 laps after passing the finish line on their first lap. (Regular 1500 start line)  
Lap counter should show 3 laps remaining. Barriers H2, H3 and H5 are off.

Barriers **H2, H3 and H5** are placed in position once the athletes have passed the first time.

- Athletes first barrier jump is **H1**
- Total number of jumps in the race is **12**. (no water jump)

### **1500m SC (with water) (HIGH SCHOOLS)**

Athletes complete 3 laps after passing the finish line on their first lap.  
Lap counter should show 3 laps remaining. Barriers H2, H3 and H5 are off.

**H3** is placed in position once the athletes have passed the first time. Cones are placed on the pole line so that athletes by-pass H4 and repositioned once the athletes have passed the first time.

**H5** is placed in position once the athletes have passed the first time.

- Athletes first barrier jump is **H1**
- Total number of jumps in the race is **15**. (12 barriers, 3 water jumps)

### **2000m SC (Startline indicated is approximate, depending upon the layout of the track)**

Athletes complete 5 laps after passing the finish line on their first lap. (to compensate for the in-swing to the water jump.) Lap counter should show 5 laps remaining. Barriers H1 and H2 are off.

**H1** is placed in position once the athletes have passed the first time.

**H2** is placed in position once the athletes have passed the first time.

- Athletes first barrier jump is **H3**, followed by H4 and H5 during their first lap.
- Thereafter they will face all five (5) barriers in each of their remaining four (4) laps.
- Total number of jumps in the race is **23**. (18 barriers, 5 water jumps)

### **3000m SC (Startline indicated is approximate, depending upon the layout of the track)**

Athletes complete 7 laps after passing the finish line on their first lap. (to compensate for the in-swing to the water jump.) Lap counter should show 7 laps remaining. Barriers H3 and H5 are off.

**H3** is placed in position once the athletes have passed the first time. Cones are placed on the pole line so that athletes by-pass H4 and repositioned once the athletes have passed the first time.

**H5** is placed in position once the athletes have passed the first time.

- Athletes first barrier jump is **H1**.
- Thereafter they will face all five (5) barriers in each of their remaining seven (7) laps.
- Total number of jumps in the race is **35**. (28 barriers, 7 water jumps)

## Athletics Canada Age Groups and Heights - 2016

Steeplechase Specifications 1500m SC - 3000m SC - <b>Women</b>						
Age Group	Age	Distance	Height	# Barriers	# Water Jumps	Total jumps
U16	14 - 15	1500m SC	30" - .762m	12 barriers	0 water jumps	Total 12 jumps
U18	16 - 17	2000m SC	30" - .762m	18 barriers	5 water jumps	Total 23 jumps
U20 *	18 - 19	3000m SC	30" - .762m	28 barriers	7 water jumps	Total 35 jumps
Senior	20 +	3000m SC	30" - .762m	28 barriers	7 water jumps	Total 35 jumps
Masters	35 +	2000m SC	30" - .762m	18 barriers	5 water jumps	Total 23 jumps

\* As of 2015, Junior Women will now compete in the 3000m SC event, which has replaced the 2000m SC event

Steeplechase Specifications 1500m SC - 3000m SC - <b>Men</b>						
Age Group	Age	Distance	Height	# Barriers	# Water Jumps	Total jumps
U16	14 - 15	1500m SC	30" - .762m	12 barriers	0 water jumps	Total 12 jumps
U18	16 - 17	2000m SC	33" - .840m	18 barriers	5 water jumps	Total 23 jumps
U20	18 - 19	3000m SC	36" - .941m	28 barriers	7 water jumps	Total 35 jumps
Senior	20 +	3000m SC	36" - .941m	28 barriers	7 water jumps	Total 35 jumps
Masters	35 - 59	3000m SC	36" - .941m	28 barriers	7 water jumps	Total 35 jumps
Masters	60+	2000m SC	30" - .762m	18 barriers	5 water jumps	Total 23 jumps

## BC High School Specifications - 2019

Steeplechase Specifications 1500m SC - 2000m SC - <b>Girls &amp; Boys</b>					
Age Group	Distance	Height	# Barriers	# Water Jumps	Total jumps
Grade 8 Girls	1500m SC (no water)	30" - .762m	12 barriers	0 water jumps	Total 12 jumps
Grade 8 Boys	1500m SC (no water)	30" - .762m	12 barriers	0 water jumps	Total 12 jumps
Junior Girls	1500m SC	30" - .762m	12 barriers	3 water jumps	Total 15 jumps
Junior Boys	1500m SC	30" - .762m	12 barriers	3 water jumps	Total 15 jumps
Senior Girls	1500m SC	30" - .762m	12 barriers	3 water jumps	Total 15 jumps
Senior Boys	2000m SC	33" - .840m	18 barriers	5 water jumps	Total 23 jumps