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How tall are hurdles in olympics

Hurdles should have 5 different heights that they can be set at. Each one of these heights is used for a different race or age group. The easiest way to explain the hurdle height is in inches (if you are from the United States). The hurdles can be adjusted anywhere from 42 inches down to 30 inches. When you change a setting on the hurdle it will adjust the height of the hurdle by 3 inches either up or down. As you go throughout your coaching career you may hear the hurdle heights described in other ways besides simply saying the height in inches. Many times you will hear the heights referred to using the terms Low (30 inches), Women's (33 inches), Intermediate (36 inches), High School Highs (39 inches), and Open (42 inches). The low hurdle height is used for the women's 300/400 meter hurdle race. In my area it is also occasionally used for the women's 100 meter hurdle races for the junior varsity level. The women's height is used for the 100 meter hurdles. Women run this height in high school all the way through to the Olympic level. The intermediate height is used for the men's 300/400 hurdle races. They use this height from high school to the Olympic level. The high school highs are used for the boy's 110 meter hurdle race at the high school level. The last height is the open height which is used for the men's 110 meter hurdle races at the college and Olympic levels. Teaching your athletes these heights and terminology is very important. Doing so will allow you to get things set up a lot quicker. If you tell them to set the hurdles up at the intermediate height then they should know exactly where to set the hurdles up and which height to set them on. Having your athletes set the hurdles up allows them to get more work accomplished because multiple athletes can get them set up correctly faster than you can by yourself. Teaching your hurdlers this terminology is something that I try to do in the first week of hurdling and I recommend you do the same. Athletics110 metres hurdlesA 110m hurdles heat of the Decathlon at Osaka 2007.World recordsMen Aries Merritt 12.80 (2012)Olympic recordsMen Liu Xiang 12.91 (2004)World Championship recordsMen Colin Jackson 12.91 (1993) The 110 metres hurdles, or 110-metre hurdles, is a hurdling track and field event for men. It is included in the athletics programme at the Summer Olympic Games. The female counterpart is the 100 metres hurdles. As part of a racing event, ten hurdles of 1.067 metres (3.5 ft or 42 inches) in height are evenly spaced along a straight course of 110 metres. They are positioned so that they will fall over if bumped into by the runner. Fallen hurdles do not carry a fixed time penalty for the runners, but they have a significant pull-over weight which slows down the run. Like the 100 metres sprint, the 110 metres hurdles begins in the starting blocks. For the 110 m hurdles, the first hurdle is placed after a run-up of 13.72 metres (45 ft) from the starting line. The next nine hurdles are set at a distance of 9.14 metres (30 ft) from each other, and the home stretch from the last hurdle to the finish line is 14.02 metres (46 ft) long. The Olympic Games have included the 110 metre hurdles in their program since 1896. The equivalent hurdles race for women was run over a course of 80 metres from 1932 to 1968. Starting with the 1972 Summer Olympics, the women's race was set at 100 metres. In the early 20th century, the race was often contested as 120 yard hurdles, thus the imperial units distances between hurdles. The fastest 110 metre hurdlers run the distance in around 13 seconds. Aries Merritt of the United States holds the current world record of 12.80 seconds, set at the Memorial Van Damme meet on 7 September 2012 in Belgium. History For the first hurdles races in England around 1830, wooden barriers were placed along a stretch of 100 yards (91.44 m). The first standards were attempted in 1864 in Oxford and Cambridge: The length of the course was set to 120 yards (109.7 m) and over its course, runners were required to clear ten 3 foot 6 inch (1.07 m) high hurdles. The height and spacing of the hurdles have been related to Imperial units ever since. After the length of the course was rounded up to 110 metres in France in 1888, the standards were essentially complete (except for Germany where 1 metre high hurdles were used until 1907). The massively constructed hurdles of the early days were first replaced in 1895 with somewhat lighter T-shaped hurdles that runners were able to knock over. However, until 1935 runners were disqualified if they knocked down more than three hurdles, and records were only recognized if the runner had left all hurdles standing. In 1935 the T-shaped hurdles were replaced by L-shaped ones that easily fall forward if bumped into and therefore reduce the risk of injury. However those hurdles are weighted so it is disadvantageous to hit them. The current running style where the first hurdle is taken on the run with the upper body lowered instead of being jumped over and with three steps each between the hurdles was first used by the 1900 Olympic champion, Alvin Kraenzlein. The 110 metre hurdles have been an Olympic discipline since 1896. Women ran it occasionally in the 1920s but it never became generally accepted. From 1926 on, women have only run the 80 metre hurdles which was increased to 100 metres starting in 1961 on a trial basis and in 1969 in official competition. In 1900 and 1904, the Olympics also included a 200-metre hurdles race, and the IAAF recognized world records for the 200 metre hurdles until 1960. Don Styron held the world record in the event for over 50 years until Andy Turner broke the record in a specially arranged race at the Manchester City Games in 2010. Styron still holds the world record in the 220 yard low hurdles. Technique The sprint hurdles are a very rhythmic race because both men and women take 3 steps (meaning 4 foot strikes) between each hurdle, no matter whether running 110/100 metres outdoors, or the shorter distances indoors (55 or 60 metres). In addition, the distance from the starting line to the first hurdle - while shorter for women - is constant for both sexes whether indoors or outdoors, so sprint hurdlers do not need to change their stride pattern between indoor and outdoor seasons. One difference between indoor and outdoors is the shorter finishing distance from the last (5th) hurdle indoors, compared to longer distance from the last (10th) hurdle outdoors to the finish line. Top male hurdlers traditionally took 8 strides from the starting blocks to the first hurdle (indoors and outdoors). The 8-step start persisted from (at least) the 1950s to the end of the 20th century and included such World- and Olympic champions as Harrison Dillard, Rod Milburn, Greg Foster, Renaldo Nehemiah, Roger Kingdom, Allen Johnson, Mark Crear, Mark McCoy, and Colin Jackson. However, beginning in the 2000s, some hurdle coaches embraced a transition to a faster 7-step start, teaching the men to lengthen their first few strides out of the starting blocks. Cuban hurdler Dayron Robles set his 2008 world record of 12.87 using a 7-step start. Chinese star Liu Xiang won the 2004 Olympics and broke the world record in 2006 utilizing an 8-step approach, but he switched to 7-steps by the 2011 outdoor season. After the 2010 outdoor season, American Jason Richardson trained to switch to a 7-step start and went on to win the 2011 World Championship. American Aries Merritt trained in Fall 2011 to switch from 8 to 7, and then had his greatest outdoor season in 2012 - running 8 races in under 13 seconds - capped by winning the London 2012 Olympics and then setting a world record of 12.80.[1] Of the 10 men with the fastest 110m hurdle times in 2012, seven used 7-steps, including the top 4: Aries Merritt, Liu Xiang, Jason Richardson, and David Oliver. Hurdle technique experts believe the off-season training required to produce the power and speed necessary to reach the first hurdle in 7 steps, yields greater endurance over the last half of the race. That advantage allows hurdlers to maintain their top speed to the finish, resulting in a faster time. High school A 110m hurdles race at the 2021 Creekside Friday knight invite In Highschool the 110MH are mostly the same as their professional counterparts. The main difference between the high school hurdles and college-level/ professional hurdles is the height. High school hurdles are 39" inches high while college height hurdles are 42" inches tall. This change in height drastically changes the requirements placed on the hurdler to clear the barrier with the same amount of speed. High school hurdling technique is the same as professional except on the higher hurdles everything is exaggerated. As a high schooler makes the transition from the 39's to the 42's there are many things they must adjust to, the most prevailing issue is getting down after clearing the hurdle. 39-inch hurdlers are used to the normal sprinting motion right after they get off the hurdle but for a newly transitioned 42-inch hurdler that extra half a second can feel very foreign. The second major difference in technique between 39's and 42's is the take-off distance. When a high school hurdler approaches his first hurdle they are putting as much power into each step as possible and attempting to gain all the speed they can so by their eighth step they'll be about six inches away from the hurdle. When attempting to clear a 42-inch hurdle the athlete can no longer run headfirst into the hurdle with disregard for the height of the hurdle. The newly made college hurdler needs to learn how to shorten their strides so they can take off the ground from farther away to clear a 42-inch barrier. Both before and after this change of technique world class hurdler, Aries Merritt was an elite level hurdler, at the peak of his high school career Aries Merritt achieved a still standing Wheeler High school record of 13.91 seconds. Almost all top level American hurdlers started their careers in high school including Roger Kingdom at Vienna high school and many more. [2] Milestones Liu Xiang was the first person to run under 12.9 seconds First official IAAF world record: 15.0 seconds, Forrest Smithson (USA), 1908 First under 15 seconds: 14.8 seconds, Earl Thomson (CAN), 1920 First under 14 seconds: 13.7 seconds, Forrest Towns (USA), 1936 First under 13.5 seconds: 13.4 seconds, Jack Davis (USA), 1956 First under 13 seconds: 12.93 seconds, Renaldo Nehemiah (USA), 1981 First under 12.9 seconds: 12.88 seconds, Liu Xiang (CHN), 2006 All-time top 25 Further information: Men's 110 metres hurdles world record progression Correct as of June 2019.[3] Rank Time Wind (m/s) Athlete Date Place Ref 1 12.80 +0.3 Aries Merritt (USA) 7 September 2012 Brussels [4] 2 12.87 +0.9 Dayron Robles (CUB) 12 June 2008 Ostrava 3 12.88 +1.1 Liu Xiang (CHN) 11 July 2006 Lausanne 4 12.89 +0.5 David Oliver (USA) 16 July 2010 Saint-Denis 5 12.90 +1.1 Dominique Arnold (USA) 11 July 2006 Lausanne +0.7 Omar McLeod (JAM) 24 June 2017 Kingston [5] 7 12.91 +0.5 Colin Jackson (GBR) 20 August 1993 Stuttgart 8 12.92 −0.1 Roger Kingdom (USA) 16 August 1989 Zürich +0.9 Allen Johnson (USA) 23 June 1996 Atlanta +0.2 23 August 1996 Brussels +0.6 Sergey Shubenkov (ANA) 2 July 2018 Székesfehérvár [6] 11 12.93 −0.2 Renaldo Nehemiah (USA) 19 August 1981 Zürich 12 12.94 +1.6 Jack Pierce (USA) 22 June 1996 Atlanta +1.5 Hansle Parchment (JAM) 6 July 2014 Saint-Denis [7] +0.5 Orlando Ortega (CUB) 4 July 2015 Saint-Denis [8] 15 12.95 +1.5 Terrence Trammell (USA) 2 June 2007 New York City +0.3 Pascal Martinot-Lagarde (FRA) 18 July 2014 Monaco [9] 17 12.97 +1.0 Ladji Doucouré (FRA) 15 July 2005 Angers 18 12.98 +0.6 Mark Crear (USA) 5 July 1999 Zagreb +1.5 Jason Richardson (USA) 30 June 2012 Eugene +0.8 Grant Holloway (USA) 7 June 2019 Austin [10] 21 12.99 +1.2 Ronnie Ash (USA) 29 June 2014 Sacramento [11] 22 13.00 +0.5 Tony Jarrett (GBR) 20 August 1993 Stuttgart +0.6 Anier García (CUB) 25 September 2000 Sydney +0.8 Daniel Roberts (USA) 7 June 2019 Austin [12] 25 13.01 +0.3 Larry Wade (USA) 2 July 1999 Lausanne Notes Below is a list of all other legal times equal or superior to 12.96: Dayron Robles also ran 12.88 (2008), 12.91 (2008), 12.92 (2007), 12.93 (2008), 12.95 (2008) and 12.96 (2008). David Oliver also ran 12.90 (2010), 12.93 (2010), 12.94 (2011) and 12.95 (2008). Liu Xiang also ran 12.91 (2004), 12.93 (2006) and 12.95 (2007). Aries Merritt also ran 12.92 (2012), 12.93 (2012), 12.94 (2012) and 12.95 (2012). Allen Johnson also ran 12.93 (1997), 12.95 (1996) and 12.96 (2006). Sergey Shubenkov also ran 12.95 (2018). Omar McLeod also ran 12.96 (2017). Most successful athletes Athletes with two or more victories at the Olympic Games & World Championships: 5 wins: Allen Johnson has won the most 110 m hurdles titles at Olympic and World level, one Olympic (1996) & four World (1995, 1997, 2001, 2003) 3 wins: Greg Foster, three World Championship titles, 1983, 1987 & 1991 (also won Olympic silver in 1984) 2 wins: Lee Calhoun (USA), two Olympic victories, 1956, 1960 Roger Kingdom (USA), two Olympic victories, 1984 and 1988 Colin Jackson (GBR), two World Championship victories, 1993 and 1999 (also won Olympic Silver in 1988) Liu Xiang (CHN), Olympic, 2004, World, 2007 Omar McLeod (JAM), Olympic, 2016, World, 2017 Olympic Games medalists Games Gold Silver Bronze 1896 Athensdetails Thomas Curtis United States Grantley Goulding Great Britain none awarded 1900 Parisdetails Alvin Kraenzlein United States John McLean United States Fred Moloney United States 1904 St. Louisdetails Frederick Schule United States Lesley Ashburner United States 1908 Londondetails Forrest Smithson United States John Garrels United States Arthur Shaw United States 1912 Stockholmdetails Fred Kelly United States James Wendell United States 1920 Antwerpdetails Earl Thomson Canada Harold Barron United States Feg Murray United States 1924 Parisdetails Daniel Kinsey United States Sid Atkinson South Africa Sten Pettersson Sweden 1928 Amsterdamdetails Sid Atkinson South Africa Steve Anderson United States John Collier United States 1932 Los Angelesdetails George Shalson United States Percy Beard United States Don Finlay Great Britain 1936 Berlindetails Forrest Kinsney United States Don Finlay Great Britain Fritz Pollard United States 1948 Londondetails William Porter United States Clyde Scott United States Craig Dixon United States 1952 Helsinkidetails Harrison Dillard United States Jack Davis United States Arathur Barnard United States 1956 Melbournedetails Lee Calhoun United States Jack Davis United States Joel Shankle United States 1960 Romedetails Lee Calhoun United States Willie May United States Hayes Jones United States 1964 Tokyodetails Hayes Jones United States Blaine Lindgren United States Anatoly Mikhailov Soviet Union 1968 Mexico Citydetails Willie Davenport United States Ervin Hall United States Eddy Ottöz Italy 1972 Munichdetails Rod Milburn United States Guy Drut France Thomas Hill United States 1976 Montrealdetails Guy Drut France Alejandro Casañas Cuba Willie Davenport United States 1980 Moscowdetails Thomas Munkelt East Germany Alejandro Casañas Cuba Aleksandr Puchkov Soviet Union 1984 Los Angelesdetails Roger Kingdom United States Greg Foster United States Arto Bryggare Finland 1988 Seouledetails Roger Kingdom United States Colin Jackson Great Britain Tonie Campbell United States 1992 Barcelonadetails Mark McKoy Canada Tony Dees United States Jack Pierce United States 1996 Atlantadetails Allen Johnson United States Mark Crear United States Florian Schwarthoff Germany 2000 Sydneydetails Anier García Cuba Terrence 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(USA) Mexico City 1969 13.45 Willie Davenport (USA) Leon Coleman (USA) Miami 1970 13.42 Thomas Hill (USA) Bakersfield 1971 13.46 A Rod Milburn (USA) Cali 1972 13.24 Rod Milburn (USA) Munich 1973 13.41 Rod Milburn (USA) Zürich 1974 13.40 Guy Drut (FRA) Rome 1975 13.28 Guy Drut (FRA) Saint-Étienne 1976 13.30 Guy Drut (FRA) Montreal 1977 13.21 Alejandro Casañas (CUB) Sofia 1978 13.22 Greg Foster (USA) Eugene 1979 13.00 Renaldo Nehemiah (USA) Westwood 1980 13.21 Renaldo Nehemiah (USA) Zürich 1981 12.93 Renaldo Nehemiah (USA) Zürich 1982 13.22 Greg Foster (USA) Koblenz 1983 13.11 Greg Foster (USA) Westwood 1984 13.15 Greg Foster (USA) Zürich 1985 13.14 Roger Kingdom (USA) Modesto 1986 13.20 Stéphane Caristan (FRA) Stuttgart 1987 13.17 Greg Foster (USA) Lausanne 1988 12.97 A Roger Kingdom (USA) Sestriere 1989 12.92 Roger Kingdom (USA) Zürich 1990 13.08 Colin Jackson (GBR) Auckland 1991 13.05 Tony Dees (USA) Vigo 1992 13.04 Colin Jackson (GBR) Cologne 1993 12.91 Colin Jackson (GBR) Stuttgart 1994 12.98 Colin Jackson (GBR) Tokyo 1995 12.98 Allen Johnson (USA) Cologne 1996 12.92 Allen Johnson (USA) Atlanta 1997 12.93 Allen Johnson (USA) Athens 1998 12.98 Allen Johnson (USA) Zürich 1999 12.98 Mark Crear (USA) Zagreb 2000 12.97 Allen Johnson (USA) Sacramento 2001 13.04 Allen Johnson (USA) Edmonton 2002 13.03 Anier García (CUB) Lausanne 2003 12.97 Allen Johnson (USA) Saint-Denis 2004 12.91 Liu Xiang (CHN) Athens 2005 12.97 Ladji Doucouré (FRA) Angers 2006 12.88 Liu Xiang (CHN) Lausanne 2007 12.92 Liu Xiang (CHN) Dayron Robles (CUB) New York CityStuttgart 2008 12.87 Dayron Robles (CUB) Ostrava 2009 13.04 Dayron Robles (CUB) Ostrava 2010 12.89 David Oliver (USA) Saint-Denis 2011 12.94 David Oliver (USA) Eugene 2012 12.80 Aries Merritt (USA) Brussels 2013 13.00 David Oliver (USA) Moscow 2014 12.94 Hansle Parchment (JAM) Saint-Denis 2015 12.94 Orlando Ortega (CUB) Saint-Denis 2016 12.98 Omar McLeod (JAM) Shanghai 2017 12.90 Omar McLeod (JAM) Kingston 2018 12.92 Sergey Shubenkov (ANA) Székesfehérvár 2019 12.98 Grant Holloway (USA) Austin 2020 13.11 Orlando Ortega (ESP) Monaco Notes and references ^ Source for switch from 8-step start to 7-step start among men is Track & Field News magazine, March 2013 (Vol. 66, no. 3), "Is the 8-Step Hurdle Approach Gone?", by Jon Hendershott; pp. 7-8; interviews with Aries Merritt's coach Andreas Behm and Renaldo Nehemiah. ^ "From High School to College". Hurdles First. Retrieved 27 March 2021. ^ "All-time men's best 110m hurdles". alltime-athletics.com. 7 July 2017. Retrieved 9 July 2017. ^ Bob Ramsak (7 September 2012). "12.80! Merritt stuns with World record in 110m Hurdles in Brussels - Samsung Diamond League - FINAL, Part 2". IAAF. Retrieved 11 September 2012. ^ Kayon Raynor (24 June 2017). "Athletics: Olympic champion McLeod sets sizzling 110m hurdles pace". Reuters. Retrieved 25 June 2017. ^ Bob Ramsak (3 July 2018). "Shubenkov scorches to 12.92 world lead at Gyalai Memorial". IAAF. Retrieved 5 July 2018. ^ "IAAF Diamond League". IAAF. Archived from the original on 19 July 2010. Retrieved 19 July 2014. ^ "110m Hurdles Results" (PDF). static.sportresult.com. 4 July 2015. Retrieved 5 July 2015. ^ Mike Rowbottom (18 July 2014). "Kiplagat shows his class with 3:27.64 in Monaco - IAAF Diamond League". IAAF. Retrieved 19 July 2014. ^ "110m Hurdles Results" (PDF). cloudfront.net. 7 June 2019. Retrieved 10 June 2019. ^ ^ "110m Hurdles Results" (PDF). cloudfront.net. 7 June 2019. Retrieved 10 June 2019. External links Wikimedia Commons has media related to 110 m hurdles. IAAF list of 110-metres-hurdles records in XML Retrieved from " 250 metres hurdles is a distance in hurdling, usually only run in indoor competitions. Because very few contests are held over the distance, most of the fastest times recorded for the event were set during specially measured and timed races over longer distances, typically the 55 metres hurdles or 60 metres hurdles. All-time top 25 Note: Indoor results only. + = Timed recorded by athlete en route to a longer distance A = affected by altitude Men Correct as of August 2018.[1] Rank Time Athlete Nation Date Place Ref 1 6.25 Mark McKoy Canada 5 March 1986 Kobe 2 6.35 Greg Foster United States 27 January 1985 Rosemont 31 January 1987 Ottawa 3 6.36 Renaldo Nehemiah United States 3 February 1979 Edmonton 6.36+ Duane Ross United States 21 February 1999 Liévin 6.36+ Anier García Cuba 13 February 2000 Liévin 6.36+ Ladji Doucouré France 26 February 2009 Liévin 7 6.37+ Tony Dees United States 13 February 2000 Liévin 8 6.39+ Dayron Robles Cuba 21 February 2008 Stockholm 9 6.40 Colin Jackson United Kingdom 5 February 1999 Budapest 6.40+ Allen Johnson United States 26 February 2005 Liévin 6.40+ Shamar Sands Bahamas 10 February 2009 Liévin 12 6.41 Igor Kováč Czech Republic 15 February 1992 Prague 6 6.41 A Mark Crear United States 10 February 1995 Reno 14 6.42+ Yoel Hernández Cuba 13 February 2000 Liévin 15 6.43 Reggie Torian United States 13 February 1999 Los Angeles 16 6.44+ Xiang Liu China 28 February 2004 Liévin Evgeniy Borisov Russia 10 February 2009 Liévin 18 6.45 Thomas Munkelt East Germany 10 February 1979 Ottawa Tonie Campbell United States 14 March 1987 Kobe Terrence Trammell United States 28 January 2012 New York City 21 6.46 Frank Siebeck East Germany 3 February 1974 Berlin Sam Turner United States 9 March 1985 Kobe Robert Kronberg Sweden 4 March 2001 Sindelfingen 6.46+ Courtney Hawkins United States 21 February 1999 Liévin Stanislavs Olijars Latvia 23 February 2003 Liévin Notes Below is a list of other times equal or superior to 6.39: Greg Foster also ran 6.37 (1986). Renaldo Nehemiah also ran 6.38 (1979). Mark McKoy also ran 6.38 (1986), 6.39 (1995). Tony Dees also ran 6.38 (1999). Anier García also ran 6.39 (2000). Women Correct as of August 2018. [2] Rank Time Athlete Nation Date Place Ref 1 6.58 Cornelia Oschkenat East Germany 20 February 1988 Berlin 2 6.65 Gloria Siebert East Germany 20 February 1988 Berlin 6.65 Ludmila Engquist Sweden 7 January 1993 Grenoble 4 6.67 A Jackie Joyner-Kersey United States 10 February 1995 Reno 6 6.7+ Michelle Freeman Jamaica 13 February 2000 Liévin 6.67+ Susanna Kallur Sweden 21 February 2008 Stockholm 7 6.70 Olga Shishigina Kazakhstan 5 February 1999 Budapest 6.70 Brigita Bukovec Slovenia 5 February 1999 Budapest 9 6.73 Julie Baumann Switzerland 7 January 1993 Grenoble 6.73 Yuliya Gaudyun Russia 27 January 1995 Moscow 11 6.74 Anneliese Ehrhardt East Germany 4 February 1973 Berlin Zofia Bielczyk Poland 21 February 1981 Grenoble 13 6.75 Kristin Patzwahl East Germany 5 February 1989 Berlin 6.75+ Josephine Onyia Spain 21 February 2008 Stockholm 15 6.76 Danuta Perka Poland 11 February 1979 Berlin 6.76+ Patricia Girard France 13 February 2009 Liévin Glory Alozie Nigeria 25 February 2001 Liévin 18 6.77 Grazyna Rabstzyn Poland 11 February 1979 Berlin Yordanka Donkova Bulgaria 7 February 1993 Grenoble 20 6.78+ Keturah Anderson Canada 21 February 1999 6.78 Lolo Jones United States 28 January 2012 New York City 22 6.80 Maria Kemechezhli-Merchuk Soviet Union 21 February 1981 Grenoble 6.80+ Linda Ferga-Khodadin France 2 March 2003 Aubière Perdita Felicien Canada 28 February 2004 Liévin Derval O'Rourke Ireland 3 March 2006 Liévin Lacena Golding-Clarke Jamaica 21 February 2008 Stockholm Notes Below is a list of other times equal or superior to 6.73: Cornelia Oschkenat also ran 6.60 (1988), 6.68 (1988), 6.69 (1989), 6.71 (1986, 1987), 6.73 (1986, 1987). Gloria Siebert also ran 6.67 (1988), 6.69 (1988), 6.72 (1990). Michelle Freeman also ran 6.69+ (2000), 6.72+ (2001). Jackie Joyner-Kersey also ran 6.73 A (1996). References ^ "All-time men's best 50m hurdles". IAAF. 14 August 2018. Retrieved 14 August 2018. ^ "All-time women's best 50m hurdles". IAAF. 14 August 2018. Retrieved 14 August 2018. External links IAAF list of 50-metres-hurdles records in XML This athletics and track and field article is a stub. You can help Wikipedia by expanding it.vte Retrieved from "

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