**AVERAGE STRIDE PATTERN START LINE TO HURDLE #1**

- Stride pattern to hurdle #1: (8 stride pattern is recommended)
- Measurement begins from the starting line in meters for the *average* pattern.
- Trail leg (power) should be in the front block setting.

### 100 Meter Hurdles

| Start Line | .60 | 1.65 | 2.95 | 4.40 | 5.95 | 7.60 | 9.35 | 11.05 | T.O. | h1 |

### 110 Meter Hurdles

| Start Line | .60 | 1.70 | 3.05 | 4.55 | 6.20 | 8.00 | 9.90 | 11.70 | T.O. | h1 |