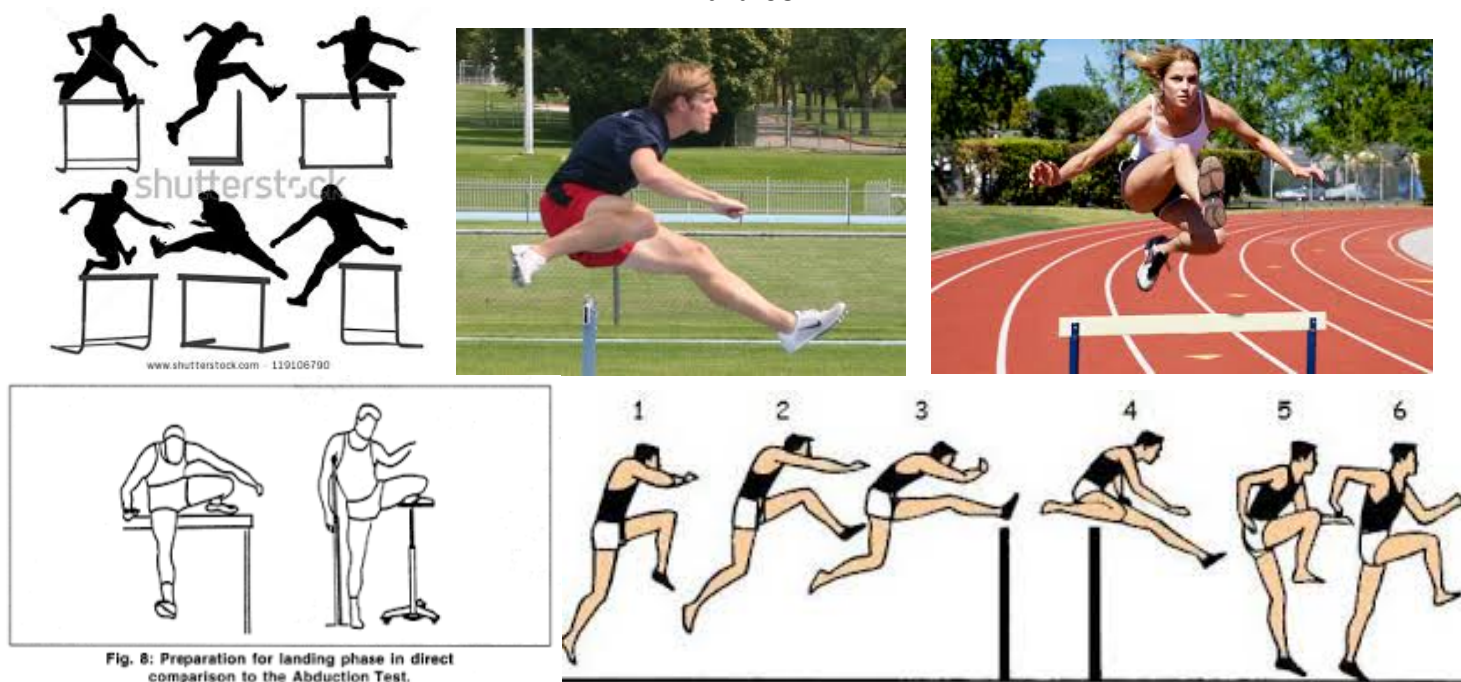


Hurdles



APPROACH: Approach the hurdle with speed to gain momentum; your take off should be about 5 meters from the hurdle.

LEAP AND EXTEND: Push off the ground with your dominant leg, and extend the non dominant leg forward keeping it slightly bent.

CLEAR: Stay close to the hurdle, the heel should barely clear the bar to allow for maximum speed.

LEAN: Body should lean forward with opposite arm to the lead leg horizontal to the ground at a 90-degree angle.

TUCK: Tuck the trail leg (back leg) horizontal and flat at about a 45-degree angle to the side of the body. Ankle and knee should be about the same distance from the ground.

SNAP: Snap down the trail leg as it clears the hurdle to resume speed.