



# World Records: Hurdles

Men 110 m: Aries Merritt (USA)  
7th September 2012 (Brussels, Belgium)  
12.80 sec

Women 100 m: Yordanka Donkova (Bulgaria)  
20 August 1988 (Stara Zagora, Bulgaria)  
12.21 sec

Use a stopwatch to measure the time taken to jump 10 hurdles over a 100 m (women) or 110 m (men) distance.

You could set up a half course if you like (5 hurdles over 50 m.)  
Decide on the obstacles you will jump over. They can be any objects you like but make sure they are safe.  
See who is the champion leaper in your class!

Compare your results with the Olympic champions!

