MIXED SHUTTLE HURDLES - LAYOUT

Start 110mH
Handover Zone
from Women to Men

Judges on both sides at every row of hurdles

Finish
Handover Zone
from Men to Women

Start 100m

Judges on both sides at every row of hurdles
Women start the competition from the finish line

Women's Hurdles on Lane 1,3,5,7
Men's Hurdles on Lane 2,4,6,8