



# 400 Metres Hurdles

Completed 2nd year  
student

Group 41104

Zaripova Raushaniya



Running the 400 meters hurdles discipline related to the running sprint track and field program. It requires athletes sprint qualities, speed endurance and ownership of technology to overcome barriers. It held only in summer season on a track of 400 meters. Is Olympic athletics discipline for men in 1900 and for women since 1984.



# Rules and Equipment

The athletes in the women's take the start from a low position of the starting blocks. The barrier height for males 914 mm, 762 mm in women. At a distance of 10 barriers placed by a distance of 35 meters, up to the first barrier 45 meters. Apart from the usual sprinters errors associated with a false start, a violation is considered bringing feet past the barrier.





# Tactics

The discipline of 400 meters hurdles imposes additional requirements on the reserves necessary for the passage and treating barriers in addition to high-speed endurance. Required to distribute the forces on the distance correctly. The best hurdler in high-end men considered to overcome the distance between the barriers 13 steps. If the number of steps increases, it indicates fatigue and errors in the preparation of the athlete.

# World records

**46.78** Kevin Young,  
USA



**52.34** Julia Pechyonkina  
Russia





**Thanks for attention!**

