



3000m Steeplechase

Olympic Stadium



Start line

First half-lap
Athletes do not jump any hurdles

Subsequent laps
Athletes jump four hurdles and one water jump per lap

Hurdles
Placed across three inside lanes of track

Adjustable hurdle height
 ♂ 91.4cm ♀ 76.2cm
 Competitors may jump over or step on hurdles
 Depth: 0.7m

Water jump

Hurdle 1, Hurdle 2, Hurdle 3, Hurdle 4, Hurdle 5

Finish line

Race: 7.5 laps.
Athletes jump 28 hurdles and seven water jumps

Track surface continues under water

3.66m

London Olympics women's 3000m steeplechase silver medallist Habiba Ghribi (TUN)*

***Gold medallist Yuliya Zaripova (RUS) stands accused of using performance-enhancing drugs**

Olympic records	♂	Julius Kariuki (KEN)	Seoul, 1988	8:05.51
	♀	Gulnara Galkina (RUS)	Beijing, 2008	8:58.81
World records	♂	Saif Saaeed Shaheen (QAT)	Brussels, 2004	7:53.63
	♀	Gulnara Galkina (RUS)	Beijing, 2008	8:58.81