



1. Cut 3 sections of 0.75 ID PVC pipe at 2.5'-3' for barrier crossbar.
2. Cut 1 section of pipe at 4'-5' for stakes. Cut at a sharp angle in the midpoint to form sharp "stake" point.
3. Cut 3" slots in top of stake. This is where the deck screw/washer will rest.
4. Drill a 1/4" hole opposite the slot. This is where you'll insert your screwdriver to tighten the screw/washer.
5. Drill a 1/16" hole through the center axis of each dowel for the deck screw.
6. Epoxy a 1.5" section of dowel into the ends of two of the crossbar sections. This is what you'll screw into.
7. Place the 2.5" sections of dowel to join the remaining PVC together. Should be a snug fit, but one that will give way if the hurdles are hit so the hurdles will survive. Use electrical tape to snug up the joints.
8. Travel to 'cross venue with 5 lengths of PVC.
9. Drive one stake into ground, partially assemble to gauge the distance, then drive the other stake in.
10. Place a large washer on a 4" deck screw and slide into slot on stakes, tighten into endplug dowels.
11. If hurdles are hit, they should fly apart and can be easily reassembled by the offender.
12. Pack up is the reverse process, travels easily. About 1lb per hurdle. 3 should fit easily into a courier bag.

Tools Required:
 Hacksaw or other cutting implement
 Drill with 1/4" drill bit
 Dremel Moto-tool (optional)
 Phillips screwdriver

Ingredients (per one hurdle):
 (2) 8' lengths of PVC tubing, 3/4" ID (approx 1" OD)
 (1) 12" of wood dowel, 3/4" OD
 (2) 4" deck screws
 (2) Washers
 Epoxy