

ST-USA™ Order of Events - - - June 19, 2018

OPEN #3 - - - Midwest City High School

- 6:30pm Softball throw - - - - - 6th - K / girls and boys
- Modified Long Jump - - - K - 3rd / girls and boys
- Long Jump - - - - - 4th - 8th / girls and boys - - -
- Shot Put - - - - - 5th and up - - -



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- 6:30pm
- 1600m Run - - - - - 7, 8 - - - (HS follows 8th Grade.)
- 80m Dash - - - - - K, 1, 2, 3
- 100m Dash - - - - - 2, 3, 4, 5, 6, 7, 8 - - -
- 300m Dash - - - - - 3, 4, 5, 6
- 400m Dash - - - - - 4, 5, 6, 7, 8 - - -
- 40m Dash - - - - - K, 1, 2
- 800m Run - - - - - 5, 6, 7, 8 - - -
- 200m Dash - - - - - 2, 3, 4, 5, 6, 7, 8 - - -
- 40M Start Line: 5 meters past the 7th flight of 300m H -OR- last flight of 400mH
- 80M Start Line: 6th of 8 flights of 300m H
- 2 X 50 Relay - - - - - K - 2 (single grade)
- 4 X 100 Relay - - - - - 1 - 2, 3 - 4, 5 - 6, 7 - 8 - - -
- 4 X 200 Relay - - - - - 3 - 4, 5 - 6, 7 - 8, - - -
- Sprint Medley Relay - - 3 - 4, 5 - 6, 7 - 8, - - -
- 4 X 400 Relay - - - - - 7 - 8, - - -
- "Grade Groups" for relays are as follows:
- K-2, 3-4, 5-6, 7-8, 9-10, 11-12

simply
Having
FUN™



All participants must have a current YES-Athletics™ Membership and must be entered through the official on-line entry website at: www.enduroussa.com

The purpose of each YES-Athletics™ program is to **CONNECT** children to a healthy lifestyle.

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