

Summer Track-USA™ - - - "Primary" events by Grade

In order to help keep ST-USA participation fees as low as possible, awards are not given out at the "Open" meets. Awards can be purchased individually by parents (on-line) at the **ENDURO USA™** store. (www.endurousa.com)

Events in **BLUE** are offered in "Open" **ST-USA™** meets at the discretion of the meet host. Those in **BLUE** and underlined will be offered at the "Finals" meet. Members compete in the grade they are in, or were in before school was out for the summer.

- - - **Membership year: Aug 1 to July 31 of the following year.** No limit on the number of events except in the "Finals Meet". "Finals Meet" event limits are below. (FMEL) Relays do not count.

GRADE:

Kindergarten:	40m, 80m, 2 X 50 R, softball throw (ST), modified long jump* (MLJ) (FMEL: 4) (2X50 exchange zone: 5 th & 6 th 100m H marks / with 8.5m acceleration) *(MLJ: no board, no foul --- see below)** (ST: 12in - fast pitch balls • javelin sectors / foul line - 15ft from back of sector) (ST: 3 consecutive attempts) (40m Start Line: 5 meters past the 7th flight of 300m H -OR- last flight of 400mH / 80m Start Line: 6 th of 8 flights of 300m H) 53mH --- exhibition event --- start line: 5th hurdle mark for 100mH --- last 5 flights for 100mH --- height = 15" (hurdles made of 1.5 - 2.0" PVC pipe).
FIRST: first grade	40m, 80m, 200m, 2X50 R, 4X100 R, 4X200 R, softball throw (ST), MLJ, (FMEL: 4) 2 X 50 Relay is a single age group event. - - - exchange zone: 5 th & 6 th 100m H marks / with 8.5m acceleration) 53mH --- exhibition event --- start line: 5th hurdle mark for 100mH --- last 5 flights for 100mH --- height = 15" (hurdles made of 1.5" PVC pipe). ***(MLJ: measured from end of runway --- from white tape or line --- no board - - - no foul/scratch)
SECOND: second grade	40m, 80m -OR- 100m, 200m -OR- 300m, 2 X 50 R, 4 X 100 R, 4 X 200 R, softball throw (ST), MLJ (FMEL: 4) 2 X 50 Relay is a single age group event. *(MLJ: no board) 53mH --- exhibition event --- start line: 5th hurdle mark for 100mH --- last 5 flights for 100mH --- height = 15" (hurdles made of 1.5" to 2.0" PVC pipe).
THIRD: third grade	80m -OR- 100m, 200m -OR- 300m, 400m, 4 x 100 R, 4 X 200 R, Sprint Medley Relay (SMR), ST, MLJ (FMEL: 4) [SMR: 4 X 1-1-2-4 / 2 turn stagger start / Exch Zones - 4X1, 4X1, 4X4(3rd) / 4th leg takes baton in lanes, then breaks in] 53mH --- exhibition event --- start line: 5th hurdle mark for 100mH --- last 5 flights for 100mH --- height = 20" (hurdles made of 1.5" to 2.0" PVC pipe. *(MLJ: no board)
FOURTH: fourth grade	100m, 200m, 300m -OR- 400m, 4 X 100, 4 X 200, Sprint Medley Relay (4 X 1-1-2-4), ST, Long Jump (LJ) (FMEL: 4) [SMR: 4 X 1-1-2-4 / 2 turn stagger start / Exch Zones - 4X1, 4X1, 4X4(3rd) / 4th leg takes baton in lanes, then breaks in] 53mH --- exhibition event --- start line: 5th hurdle mark for 100mH --- last 5 flights for 100mH --- height = 20" (hurdles made of 1.5 to 2.0" PVC pipe).
FIFTH: fifth grade	100m, 200m, 400m, 800m, <u>100H</u> , 4 X 100, 4 X 200, Sprint Medley Relay (1-1-2-4), ST, LJ, <u>Shot Put (SP)</u> (FMEL: 4) 100H: B-10- <u>30</u> -13m-8.5m-10.5m / 100H: G-10- <u>30</u> -13m-8.5m-10.5m / (SP) B-4kg / G-6# Events in BLUE are "LO" events.
SIXTH: sixth grade	100m, 200m, 400m, 800m, 1600m, <u>100H</u> , 4 X 100, 4 X 200, SMR (1-1-2-4), ST, LJ, <u>HJ</u> , <u>Shot Put (SP)</u> (FMEL: 4) 100H: B-10- <u>30</u> -13m-8.5m-10.5m / 100H: G-10- <u>30</u> -13m-8.5m-10.5m / (SP) B-4kg / G-6#
SEVENTH: seventh grade	100m, 200m, 400m, 800m, 1600m, <u>110/100/300H</u> , 4 X 100, 4 X 200, 4 X 400, SMR, LJ, <u>HJ</u> , <u>PV</u> , <u>SP</u> , <u>Discus</u> (FMEL: 4) 110H: B-10- <u>30</u> -13m-8.5m-10.5m / 100H: G-10- <u>30</u> -13m-8.5m-10.5m / 300H: B-8- <u>30</u> -45m-35m-10m / 300H: G-8- <u>30</u> -45m-35m-10m / (SP) B-4kg / G-6# • (D) B&G-1.0kg
EIGHTH: eighth grade	100m, 200m, 400m, 800m, 1600m, <u>110/100/300H</u> , 4 X 100, 4 X 200, 4 X 400, SMR, LJ, <u>HJ</u> , <u>PV</u> , <u>SP</u> , <u>Discus</u> (FMEL: 4) 110H: B-10- <u>33</u> -13m-8.5m-10.5m / 100H: G-10- <u>30</u> -13m-8.5m-10.5m / 300H: B-8- <u>33</u> -45m-35m-10m / 300H: G-8- <u>30</u> -45m-35m-10m / (SP) B-4kg / G-6# • (D) B&G-1.0kg
NINTH: ninth grade	100m, 200m, 400m, 800m, 1600m, <u>3200m</u> , <u>100/110/300H</u> , 4 X 100, 4 X 200, 4 X 400, LJ, <u>SP</u> , <u>D</u> , <u>PV</u> , <u>HJ</u> (FMEL: 4) 110H: B-10- <u>39</u> -13.72m-9.14m-14.02m 100H: G-10- <u>33</u> -13m-8.5m-10.5m Events in BLUE are "LO" events. 300H: B-8- <u>36</u> -45m-35m-10m 300H: G-8- <u>30</u> -45m-35m-10m (SP) B-12# / G-4kg • (D) B-1.6kg / G-1.0kg
TENTH: tenth grade	100m, 200m, 400m, 800m, 1600m, <u>3200m</u> , <u>100/110/300H</u> , 4 X 100, 4 X 200, 4 X 400, LJ, <u>SP</u> , <u>D</u> , <u>PV</u> , <u>HJ</u> (FMEL: 4) 110H: B-10- <u>39</u> -13.72m-9.14m-14.02m 100H: G-10- <u>33</u> -13m-8.5m-10.5m 300H: B-8- <u>36</u> -45m-35m-10m 300H: G-8- <u>30</u> -45m-35m-10m (SP) B-12# / G-4kg • (D) B-1.6kg / G-1.0kg
ELEVENTH: eleventh grade	100m, 200m, 400m, 800m, 1600m, <u>3200m</u> , <u>100/110/300H</u> , 4 X 100, 4 X 200, 4 X 400, LJ, <u>SP</u> , <u>D</u> , <u>PV</u> , <u>HJ</u> (FMEL: 4) 110H: B-10- <u>39</u> -13.72m-9.14m-14.02m 100H: G-10- <u>33</u> -13m-8.5m-10.5m 300H: B-8- <u>36</u> -45m-35m-10m 300H: G-8- <u>30</u> -45m-35m-10m (SP) B-12# / G-4kg • (D) B-1.6kg / G-1.0kg
TWELFTH: twelfth grade	100m, 200m, 400m, 800m, 1600m, <u>3200m</u> , <u>100/110/300H</u> , 4 X 100, 4 X 200, 4 X 400, LJ, <u>SP</u> , <u>D</u> , <u>PV</u> , <u>HJ</u> (FMEL: 4) 110H: B-10- <u>39</u> -13.72m-9.14m-14.02m 100H: G-10- <u>33</u> -13m-8.5m-10.5m 300H: B-8- <u>36</u> -45m-35m-10m 300H: G-8- <u>30</u> -45m-35m-10m (SP) B-12# / G-4kg • (D) B-1.6kg / G-1.0kg

Relay "Grade Groups" are based on the current grade or last grade completed: K-2, 3-4; 5-6; 7-8; 9-10; 11-12.

The following "**LO**" events may be offered in selected age groups at ST-USA™ "Open" meets at the discretion of the event host: 100/110m H, 300m H, 3200m Run, High Jump, Pole Vault, Shot Put, Discus. These events may be contested in the respective grades at the **ST-USA™** "Finals" meet.

