

"Finals" Order of Events - - - Summer Track - USA™

June 30, 2018 Luther HS Track

9:30am 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 - 8th / girls and boys
 Discus ----- competition for JH and HS
 High Jump ----- competition for 6th and up
 Pole Vault ----- competition for JH and HS

10:30am (High School follows 8th Grade in all eligible events.)

53/100/110H ----- 6, 7, 8 . . . *[53mH K-2(15"), 3-4(20")]
 1600m Run ----- 6, 7, 8 . . .
 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 . . .
 300m H ----- 7, 8, 9, 10, 11, 12
 Relays are "Just For FUN. (Awards are not provided for relays.)
 2 X 50 Relay ----- K - 2
 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 . . .

- - - Grades/Genders may be mixed for all relays. *(Exhibition hurdles for K-4.)

40m Start Line: 5 meters past the 7th flight of 300m H -OR- last flight of 400mH / 80m Start Line: 6m of 8 flights of 300m H)



Four (4) Event Limit
 - - - All Grades - - -
 No exceptions.

Relays do not count as one of the athlete's events. In keeping with **ST-USA™** "Relay Tradition", relays will be run **just for fun** after the individual events. The relays are timed. However, relay results are not posted, and are not part of the official meet results.



All participants must have a current YES-Athletics™ Membership and must be entered through their club's official on-line roster.

www.enduroussa.com

For results and additional information, please visit: summertrackusa.com

The purpose of **ST-USA™** is to provide an opportunity for students to enjoy Track & Field and to increase the number of students who participate in Track & Field and Cross Country during school. NHSF rules apply.

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