

Summer Track-USA™ - - - 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 through their ENDURO USA account. www.endurousa.com

Events in **BLUE** are offered in "Open" **ST-USA™** meets at the sole discretion of the meet host. The "local option" (**LO**) events 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 towards the limit.

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)	
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) **(MLJ: measured 1 or 2 feet from end of runway --- from white tape or line --- no board - - - no foul/scratch)	
SECOND: second grade	40m, 80m -OR- 100m, 200m -OR- 300m, 2X50 R, 4X100 R, 4X200 R, softball throw (ST), MLJ (FMEL: 4) 2 X 50 Relay is a single age group event. *(MLJ: no board)	
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: 1-1-2-4 / 2 turn stagger start / Exch Zones - 4X1, 4X1, 4X4(3rd) / 4th leg takes baton in lanes, then breaks in] *(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]	
FIFTH: fifth grade	100m, 200m, 400m, 800m, <u>1600m</u> , <u>100H</u> , 4 X 100, 4 X 200, SMR (4 X 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 at all "Open" meets..
SIXTH: sixth grade	100m, 200m, 400m, 800m, <u>1600m</u> , <u>100H</u> , 4 X 100, 4 X 200, SMR, 4X400, 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, SMR, 4 X 400, 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, SMR, 4 X 400, 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>33</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> , 4x100, 4x200, SMR, 4x400, 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	
TENTH: tenth grade	100m, 200m, 400m, 800m, 1600m, <u>3200m</u> , <u>100/110/300H</u> , 4x100, 4x200, SMR, 4x400, 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> , 4x100, 4x200, SMR, 4x400, 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> , 4x100, 4x200, SMR, 4x400, 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 as follows and based on the current grade or last grade completed: K-2, 3-5; 6-8; 9-12 -or- ES, JH, HS. (see below)

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

When appropriate, the following Grade Groups may be used. **ES:** K-5th; **MS:** 6th-8th; **FR:** 9th **HS:** 10th-12th. (Freshmen may be MS or HS.)

