

# 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](http://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:

<b>Kindergarten:</b>	40m, 80m, 2 X 50 R, softball throw (ST), modified long jump* (MLJ) (FMEL: 4) (2X50 exchange zone: 5 <sup>th</sup> & 6 <sup>th</sup> 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 <sup>th</sup> of 8 flights of 300m H)	
<b>FIRST:</b> 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 <sup>th</sup> & 6 <sup>th</sup> 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)	
<b>SECOND:</b> 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)	
<b>THIRD:</b> 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)	
<b>FOURTH:</b> 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]	
<b>FIFTH:</b> 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 <b>BLUE</b> are "LO" events at all "Open" meets..
<b>SIXTH:</b> 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#	
<b>SEVENTH:</b> 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, PV, SP, 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	
<b>EIGHTH:</b> 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, PV, SP, 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	
<b>NINTH:</b> ninth grade	100m, 200m, 400m, 800m, 1600m, <u>3200m</u> , <u>100/110/300H</u> , 4x100, 4x200, SMR, 4x400, LJ, <u>SP, D, PV, 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	
<b>TENTH:</b> tenth grade	100m, 200m, 400m, 800m, 1600m, <u>3200m</u> , <u>100/110/300H</u> , 4x100, 4x200, SMR, 4x400, LJ, <u>SP, D, PV, 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	
<b>ELEVENTH:</b> eleventh grade	100m, 200m, 400m, 800m, 1600m, <u>3200m</u> , <u>100/110/300H</u> , 4x100, 4x200, SMR, 4x400, LJ, <u>SP, D, PV, 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	
<b>TWELFTH:</b> twelfth grade	100m, 200m, 400m, 800m, 1600m, <u>3200m</u> , <u>100/110/300H</u> , 4x100, 4x200, SMR, 4x400, LJ, <u>SP, D, PV, 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.)

