

Youth ENDURO Sports™ Track & Field

Events in **BLUE** are offered in "Open" **YES-TF™** meets at the discretion of the meet host. 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 not included.

GRADE:

Kindergarten: 40m, 80m, 2 X 50 R, softball throw (ST), modified long jump (MLJ) (FMEL: 4)
(2X50 exchange zone: 5th & 6th 100m H marks / with 8.5m acceleration) *(MLJ: no board / 30ft runway)
(ST: 12m - fast pitch balls • javelin sectors / foul line - 15ft from back of sector) (ST: 3 consecutive attempts)
(40m Start Line: 5 meters past the 8th (last) flight of 300m H / 80m Start Line: 6th of 8 flights of 300m H)

FIRST: 40m, 80m, 200m, 2 X 50 R, 4 X 100 R, 4 X 200 R, softball throw (ST), MLJ, (FMEL: 4)
first grade 2 X 50 Relay is a single age group event. *(MLJ: no board / 30ft runway)
exchange zone: 5th & 6th 100m H marks / with 8.5m acceleration)

SECOND: 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)
second grade 2 X 50 Relay is a single age group event. *(modified long jump: no board / 30ft runway)

THIRD: 80m -OR- 100m, 200m -OR- 300m, 400m, 4 x 100 R, 4 X 200 R, Sprint Medley Relay (SMR), ST, MLJ (FMEL: 4)
third grade [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]
*(modified long jump: no board / 50ft runway)

FOURTH: 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)
fourth grade [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: 100m, 200m, 400m, 800m, 100H, 4 X 100, 4 X 200, Sprint Medley Relay (1-1-2-4), ST, LJ, Shot Put (SP) (FMEL: 4)
fifth grade 100H: B-10-30-13m-8.5m-10.5m / 100H: G-10-30-13m-8.5m-10.5m / (SP) B-4kg / G-6# Events in **BLUE** are "LO" events.

SIXTH: 100m, 200m, 400m, 800m, 100H, 4 X 100, 4 X 200, Sprint Medley Relay (1-1-2-4), ST, LJ, Shot Put (SP) (FMEL: 4)
sixth grade 100H: B-10-33-13m-8.5m-10.5m / 100H: G-10-30-13m-8.5m-10.5m / (SP) B-4kg / G-6#

SEVENTH: 100m, 200m, 400m, 800m, 1600m, 110/100/300H, 4 X 100, 4 X 200, 4 X 400, SMR, LJ, HJ, SP, Discus (D) (FMEL: 4)
seventh grade 110H: B-10-33-13m-8.5m-10.5m / 100H: G-10-30-13m-8.5m-10.5m / 300H: B-8-30-45m-35m-10m / 300H: G-8-30-45m-35m-10m / (SP) B-4kg / G-6# • (D) B&G-1.0kg

EIGHTH: 100m, 200m, 400m, 800m, 1600m, 110/100/300H, 4 X 100, 4 X 200, 4 X 400, SMR, LJ, HJ, SP, Discus (D) (FMEL: 4)
eighth grade 110H: B-10-36-13m-8.5m-10.5m / 100H: G-10-30-13m-8.5m-10.5m / 300H: B-8-33-45m-35m-10m / 300H: G-8-30-45m-35m-10m / (SP) B-4kg / G-6# • (D) B&G-1.0kg

NINTH: 100m, 200m, 400m, 800m, 1600m, 3200m, 100/110/300H, 4 X 100, 4 X 200, 4 X 400, LJ, SP, D, PV, HJ (FMEL: 4)
ninth grade 110H: B-10-39-13.72m-9.14m-14.02m 100H: G-10-33-13m-8.5m-10.5m Events in **BLUE** are "LO" events.
300H: B-8-36-45m-35m-10m 300H: G-8-30-45m-35m-10m (SP) B-12# / G-4kg • (D) B-1.6kg / G-1.0kg

TENTH: 100m, 200m, 400m, 800m, 1600m, 3200m, 100/110/300H, 4 X 100, 4 X 200, 4 X 400, LJ, SP, D, PV, HJ (FMEL: 4)
tenth grade 110H: B-10-39-13.72m-9.14m-14.02m 100H: G-10-33-13m-8.5m-10.5m
300H: B-8-36-45m-35m-10m 300H: G-8-30-45m-35m-10m (SP) B-12# / G-4kg • (D) B-1.6kg / G-1.0kg

ELEVENTH: 100m, 200m, 400m, 800m, 1600m, 3200m, 100/110/300H, 4 X 100, 4 X 200, 4 X 400, LJ, SP, D, PV, HJ (FMEL: 4)
eleventh grade 110H: B-10-39-13.72m-9.14m-14.02m 100H: G-10-33-13m-8.5m-10.5m
300H: B-8-36-45m-35m-10m 300H: G-8-30-45m-35m-10m (SP) B-12# / G-4kg • (D) B-1.6kg / G-1.0kg

TWELFTH: 100m, 200m, 400m, 800m, 1600m, 3200m, 100/110/300H, 4 X 100, 4 X 200, 4 X 400, LJ, SP, D, PV, HJ (FMEL: 4)
twelfth grade 110H: B-10-39-13.72m-9.14m-14.02m 100H: G-10-33-13m-8.5m-10.5m
300H: B-8-36-45m-35m-10m 300H: G-8-30-45m-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 YES-TF™ "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 YES-TF™ "Finals" competition.

*Modified Long Jump: the runway "Foul Indicator" consists of tape (or other suitable material) that is no more than ½ inch thick. The Foul Indicator should be placed across the very end of the runway and must be no more than 6 inches from front to back. If a jumper touches the Foul Indicator while making an attempt, it is a foul. Each jumper has three (3) attempts. The Foul Indicator must be parallel to the closest take-off board on the runway. The Back Line of the modified runway must be marked with an orange cone or tape (or other suitable material) which must be either 30 or 50 feet from the closest edge of the Foul Indicator, depending on the jumper's grade. The jump must be measured from the runway (approach) side of the Foul Indicator - to the closest mark in the landing area (sand) that was made by the jumper.

Revised 6-4-2014



In order to help keep YES-TF participation fees as low as possible, awards are not given out. Personalized awards can be purchased on-line at the YES-Connect USA™ store. www.yesconnectusa.com