

Youth ENDURO Sports Track & Field - Oklahoma



The following events are available in the respective Grades (Competition Divisions):

(Beginning Date & Year is based on the 2010-2011 school year.)

Competition Divisions:

Kindergarten: 40m, 80m, 2 X 50 relay, softball throw (ST) - - - no limit on events
9-1-2005 (exchange zone: 5th & 6th 100m H marks / with 8.5m acceleration)

(ST: 12m - fast pitch balls • javelin sectors / foul line - 15ft from back of sector)

(ST: 3 consecutive attempts) (40m Start Line: 10th flight of 400m H / 80m Start Line: 6th flight of 300m H)

1st Grade: 40m, 80m, 200m, 2 X 50 R, softball throw (ST), standing long jump (SLJ) - - - no limit on events
9-1-2004 2 X 50 Relay is a single age group event.

2nd Grade: 40m, 80m, 200m, 400m, 2 X 50 R, softball throw (ST), standing long jump (SLJ) - - - no limit on events
9-1-2003 2 X 50 Relay is a single age group event.

3rd Grade: 80m, 200m, 400m, 800m, 4 x 100, Sprint Medley Relay, ST, SLJ, long jump (LJ), shot put (SP) - - - limit 4 total
9-1-2002 [SMR: 4 X 1-1-2-4 / 2 turn / Exch Zones - 4X1, 4X1, 4X4(3rd) / 4th leg takes baton in lanes, then breaks in.] limit 3 running
(SP) B&G-6#

4th Grade: 80m, 100m, 200m, 400m, 800m, 4 X 100, Sprint Medley Relay (4 X 1-1-2-4), ST, SLJ, LJ, SP - - - limit 4 total
9-1-2001 (SP) B&G-6# limit 3 running

5th Grade: 100m, 200m, 400m, 800m, 4 X 100, Sprint Medley Relay (4 X 1-1-2-4), softball throw, long jump, SP - - - limit 4 total
9-1-2000 [use 2 turn stagger start line / 4X1-4X1-4X4(3) exch zones - 4th leg receives baton in lanes and cuts in] (SP) B&G-6# limit 3 running

6th Grade: 100m, 200m, 400m, 800m, 4 X 100, Sprint Medley Relay (4 X 1-1-2-4), softball throw, long jump, SP - - - limit 4 total
9-1-1999 [use 2 turn stagger start line / 4X1-4X1-4X4(3) exch zones - 4th leg receives baton in lanes and cuts in] (SP) B-4kg / G-6# limit 3 running

7th Grade: 100m, 200m, 400m, 800m, 1600m, 100/110/300 H, 4 X 100, Sprint Medley Relay, LJ, SP, D, PV, HJ - - - limit 4 total
9-1-1998 110H: B-10-33-13m-8.5m-10.5m 100H: G-10-30-13m-8.5m-10.5m limit 3 running
300H: B-8-30-45m-35m-10m 300H: G-8-30-45m-35m-10m
(SP) B-4kg / G-4kg • (D) B&G-1.0kg

8th Grade: 100m, 200m, 400m, 800m, 1600m, 100/110/300 H, 4 X 100, Sprint Medley Relay, LJ, SP, D, PV, HJ - - - limit 4 total
9-1-1997 110H: B-10-36-13m-8.5m-10.5m 100H: G-10-30-13m-8.5m-10.5m limit 3 running
300H: B-8-33-45m-35m-10m 300H: G-8-30-45m-35m-10m
(SP) B-4kg / G-4kg • (D) B-1.0kg / G-1.0kg

9th Grade: 100m, 200m, 400m, 800m, 1600m, 3200m, 100/110/300H, 4 X 100, 4 X 200, 4 X 400, LJ, SP, D, PV, HJ - - - limit 4 total
9-1-1996 110H: B-10-39-13.72m-9.14m-14.02m 100H: G-10-33-13m-8.5m-10.5m limit 3 running
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

10th Grade: 100m, 200m, 400m, 800m, 1600m, 3200m, 100/110/300H, 4 X 100, 4 X 200, 4 X 400, LJ, SP, D, PV, HJ - - - no limit
9-1-1995 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

11th Grade: 100m, 200m, 400m, 800m, 1600m, 3200m, 100/110/300H, 4 X 100, 4 X 200, 4 X 400, LJ, SP, D, PV, HJ - - - no limit
9-1-1994 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

12th Grade: 100m, 200m, 400m, 800m, 1600m, 3200m, 100/110/300H, 4 X 100, 4 X 200, 4 X 400, LJ, SP, D, PV, HJ - - - no limit
9-1-1993 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 Competition Divisions: 2 X 50 Relay is a single age group event. Divisions for all other relays are as follows: 3-4; 5-6; 7-8; 9-10; 11-12.
Please be aware - - - there are no "unattached" relays. - - - All relays must compete through a current YES-Athletics Club.

The following events may be offered in selected divisions at YES-Athletics events at the discretion of the event host:
-100/110m H, 300m H, High Jump, Pole Vault, Discus. These events shall be contested in the respective divisions at YES-Athletics Championship competitions.