

# **Holmes County Park District**

## **Track Events**

### **4, 5, and 6 Years Old**

Frisbee Throw  
Standing Long Jump  
Softball Throw  
50 Meter Dash  
50 Meter Hurdles (6 inches)  
100 Meter Dash  
100 Meter Hurdles (6 inches)

### **7 Years Old**

Frisbee Throw  
Standing Long Jump  
Softball Throw  
50 Meter Dash  
100 Meter Hurdles (12 inches)  
100 Meter Dash  
200 Meter Dash

### **8 Years Old**

Long Jump  
Javelin Throw  
Softball Throw  
100 Meter Dash  
100 Meter Hurdles (15 inches)  
200 Meter Run  
400 Meter Run

### **9 & 10 Years Old**

Long Jump  
High Jump  
Javelin Throw  
Shot Put  
Discus  
100 Meter Dash  
100 Meter Hurdles (18 inches)  
200 Meter Dash  
400 Meter Dash  
800 Meter Run

### **11 – 12 Years Old**

Long Jump  
High Jump  
Javelin Throw  
Shot Put  
Discus  
100 Meter Dash  
100 Meter Hurdles (24 inches)  
200 Meter Dash  
400 Meter Dash  
800 Meter Run  
1600 Meter Run (Mile)