

**OAKLAND COUNTY MIDDLE SCHOOL TRACK MEET
2019 GIRLS ADDITIONAL QUALIFYERS**

Use this sheet to help you complete the online entries.

ONLINE ENTRY DEADLINE: THURSDAY, MAY 23 AT 8:59 PM

RUNNING EVENTS

70 M DASH Add. Qual. 10.00

100 M DASH Add. Qual. 13.70

200 M DASH Add. Qual. 29.50

400 M DASH Add. Qual. 67.00

800 M RUN Add. Qual. 2:44.00

1600 M RUN Add. Qual. 6:08.00

3200 M RUN Qual. 14:30.00
Add. Qual. 13:40.00

55 M HURDLES Add. Qual. 10.00

200 M HURDLES Add. Qual. 34.30

FIELD EVENTS

SHOT PUT – 6lbs Add. Qual. 31' 0"

LONG JUMP Add. Qual. 13' 9"

HIGH JUMP Add. Qual. 4' 6"

RELAYS TIME

4 X 100 M (all schools may enter)

4 X 200 M (Qual. 2:05.00)

4 X 400 M (Qual. 5:00.00)

4 X 800 M (Qual. 12:30.00)

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*Relay team MUST meet or exceed qualifying time.

Running Events

All schools may enter one (1) athlete in each event regardless of time. A school may enter two (2) athletes if **BOTH** have met or exceeded the additional qualifying time.

3200 M RUN – Even if entering only one (1) athlete, that athlete must meet or exceed the *qualifying* time. If two (2) athletes, **BOTH** must have met or exceeded the *additional qualifying* time.

Field Events

All schools may enter one (1) athlete in each event regardless of standard. A school may enter two (2) athletes if **BOTH** have met or exceeded the additional qualifying standard.

Athlete Entries

An athlete may only be entered in a MAXIMUM of any 3 events. Examples: 3 running events or 1 relay and 2 running events or 2 relays and 1 field event or 1 of each or