

2019 Oakland County Middle School Track and Field Meet

Times in bold are true times, all other times are approximate and subject to change due to the number of entries, weather, and other circumstances.

We will run ahead of schedule when possible.

Field Events

1:45 pm	High Jump.....	Starting Height: 4' 10" (boys); 4' 02" (girls). Move up 2" at a time until 9 or less contestants remain or we reach the height of 5' 02" (boys) and 4' 06" (girls). Then move up 1" at a time. Each contestant will receive 3 trials. "Five-alive" format. Both genders will jump at the same time on separate pits.	HJ.....	finals	GIRLS & BOYS
1:45 pm	Long Jump	Open order for 1 hour and 30 minutes Each contestant will receive 3 trials. All trials must be completed in the time allowed. Girls will begin 15 minutes after the boys finish.	LJ	finals	BOYS -GIRLS
1:45 pm	Shot Put.....	Open order for 1 hour and 30 minutes Each contestant will receive 3 trials. All trials must be completed in the time allowed. Boys will begin 15 minutes after the girls finish.	SP.....	finals	GIRLS-BOYS

Prelims and 4x800m Relay

2:15 pm	55m hurdles	prelims	GIRLS-BOYS
2:30	100m dash.....	prelims	GIRLS-BOYS
2:45	70m dash.....	prelims	GIRLS-BOYS
3:05	200m dash.....	prelims	GIRLS-BOYS
3:25	4x800m relay	finals	GIRLS-BOYS

Finals

◆ Minimum 30 minute break after 4x800 relay. Times are approximate.

4:30	55m (30") hurdles.....	finals	GIRLS
	55m (33") hurdles.....	finals	BOYS
4:40	100m dash.....	finals	GIRLS-BOYS
4:50	4x200m relay	finals	GIRLS-BOYS
5:35	1600m run.....	finals	GIRLS-BOYS
5:55	4x100m relay	finals	GIRLS-BOYS
6:55	400m dash.....	finals	GIRLS-BOYS
7:35	70m dash.....	finals	GIRLS-BOYS
7:45	800m run.....	finals	GIRLS-BOYS
7:55	200m (30") hurdles	finals	GIRLS-BOYS
8:25	200m dash.....	finals	GIRLS-BOYS
8:40	3200m run	finals	GIRLS-BOYS
9:00	4x400m relay	finals	GIRLS-BOYS
9:40	Presentation of Team Awards.....		GIRLS-BOYS