

2020 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	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	BOYS & GIRLS
1:45	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. Boys will begin 15 minutes after the girls finish.	LJ	GIRLS-BOYS
1:45	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. Girls will begin 15 minutes after the boys finish.	SP.....finals	BOYS-GIRLS

Prelims and 4x800m Relay

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

Finals

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

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