

2022 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

1:15	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
1:15	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.....	finals.....GIRLS-BOYS
1:15	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

1:45	55m hurdles.....	prelims	BOYS-GIRLS
2:00	100m dash.....	prelims	BOYS-GIRLS
2:15	70m dash.....	prelims	BOYS-GIRLS
2:35	200m dash.....	prelims	BOYS-GIRLS
2:55	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
5:55	4x100m relay.....	finals	BOYS-GIRLS
6:25	400m dash.....	finals	BOYS-GIRLS
6:55	70m dash.....	finals	BOYS-GIRLS
7:05	800m run.....	finals.....	BOYS-GIRLS
7:20	200m (30") hurdles.....	finals	BOYS-GIRLS
7:40	200m dash.....	finals.....	BOYS-GIRLS
7:50	3200m run.....	finals.....	BOYS-GIRLS
8:20	4x400m relay.....	finals.....	BOYS-GIRLS
9:20	Presentation of Team Awards.....		BOYS-GIRLS