

2025 OAKLAND COUNTY MIDDLE SCHOOL TRACK MEET PERFORMANCE STANDARDS

Individual Events

- You may enter one (1) athlete per individual event regardless of their qualifying standard.
- You may enter two (2) athletes in an individual event if BOTH meet the additional qualifying standard.
- 3200 M Run: Even if entering only one (1) athlete, that athlete must meet the *qualifying* standard. If entering two (2) athletes, BOTH must have met the *additional qualifying* standard.
- All teams may enter athletes for the adaptive wheelchair events regardless of their standard. They do need to have participated in at least two meets prior to the entry deadline.

Relays

- All teams may enter one (1) 4x100 relay regardless of their standard.
- You may enter one (1) 4x200, 4x400, and 4x800 if they meet the qualifying standards.

| EVENT | Boys Qualifying | Boys Additional | Girls Qualifying | Girls Additional |
|--|-------------------------------|--------------------|---------------------|---------------------|
| High Jump | | 5' 02" | | 4' 08" |
| Long Jump | | 16' 09" | | 14' 00" |
| Shot Put (Boys 4kg, Girls 6 lbs) | | 37' 09" | | 31' 06" |
| 4x800 Meter Relay | 10:30.00 | | 12:30.00 | |
| 55 Meter Hurdles (Boys 33" Girls 30") | | 9.20 | | 9.80 |
| 100 Meter Dash | | 12.10 | | 13.40 |
| 100 Meter Adaptive Wheelchair | No qualifying standard needed | | | |
| 4x200 Meter Relay | 1:52.00 | | 2:05.00 | |
| 1600 Meter Run | | 5:15.00 | | 6:01.00 |
| 4x100 Meter Relay | No qualifying standard needed | | | |
| 400 Meter Run | | 58.30 | | 66.80 |
| 70 Meter Dash | | 8.80 | | 9.70 |
| 800 Meter Run | | 2:20.00 | | 2:41.00 |
| 200 Meter Hurdles (30") | | 29.00 | | 33.50 |
| 200 Meter Dash | | 25.90 | | 28.90 |
| 3200 Meter Run | 12:50.00 | 11:50.00 | 14:30.00 | 13:25.00 |
| 4x400 Meter Relay | 4:15.00 | | 5:00.00 | |