

2025 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

- 1:00** High Jump Starting Height: 4' 10" (boys); 4' 02" (girls)
Move up 2" at a time until 10 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**
- 1:00** Long Jump Open order for 1 hour and 45 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**
- 1:00** Shot Put Open order for 1 hour and 45 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 & 4x800m RELAY

- 1:30** 55m hurdles.....prelims**GIRLS-BOYS**
1:45 100m dash.....prelims**GIRLS-BOYS**
2:00 70m dash.....prelims**GIRLS-BOYS**
2:20 200m dash.....prelims**GIRLS-BOYS**
2:45 4x800m relay..... finals.....**GIRLS-BOYS**

FINALS

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

- 4:10** National Anthem
4:15 55m (30") hurdles..... finals**GIRLS**
55m (33") hurdles..... finals**BOYS**
4:25 100m dash..... finals**GIRLS-BOYS**
4:35 4x200m relay..... finals**GIRLS-BOYS**
5:20 1600m run..... finals**GIRLS-BOYS**
6:00 4x100m relay..... finals**GIRLS-BOYS**
6:25 400m dash..... finals**GIRLS-BOYS**
6:55 70m dash..... finals**GIRLS-BOYS**
7:05 800m run..... finals**GIRLS-BOYS**
7:25 200m (30") hurdles..... finals**GIRLS-BOYS**
7:50 200m dash..... finals**GIRLS-BOYS**
8:05 3200m run..... finals**GIRLS-BOYS**
8:35 4x400m relay..... finals**GIRLS-BOYS**
9:35 Presentation of Team Awards.....**GIRLS-BOYS**