

## OAKLAND COUNTY MIDDLE SCHOOL TRACK MEET PERFORMANCE STANDARDS 2024

### 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 Exception: Even if entering only one (1) athlete, that athlete must meet or exceed the *qualifying* standard. If entering two (2) athletes, BOTH must have met or exceeded the *additional qualifying* standard.
- All teams may enter athletes for the adaptive 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		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	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	