

**OAKLAND COUNTY MIDDLE SCHOOL TRACK MEET
PERFORMANCE STANDARDS
2023**

- You may enter one (1) athlete per individual event regardless of their time/mark.
- You may enter two (2) athletes in an individual event if BOTH meet the additional qualifying time/mark.
- 3200 M Run - Even if entering only one (1) athlete, that athlete must meet or exceed the *qualifying (Q)* time. If two (2) athletes, BOTH must have met or exceeded the *additional qualifying (AQ)* time.
- All teams may enter one (1) 4x100 relay regardless of their time.
- The 4x200, 4x400, 4x800 must meet the qualifying time.

EVENT	BOYS	GIRLS
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
4x200 Meter Relay	1:52.00	2:05.00
1600 Meter Run	5:15.00	6:01.00
4x100 Meter Relay	No time needed	No time 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	Q 12:50.00 AQ 11:50.00	Q 14:30.00 AQ 13:25.00
4x400 Meter Relay	4:15.00	5:00.00