

OAKLAND COUNTY MIDDLE SCHOOL TRACK MEET PERFORMANCE STANDARDS 2024

- 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.
- All teams may enter athletes for the adaptive events regardless of their time. They do need to have participated in at least two meets prior to the entry deadline.

| 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 |
| 100 Meter Adaptive | Any entry time | Any entry time |
| 4x200 Meter Relay | 1:52.00 | 2:05.00 |
| 1600 Meter Run | 5:15.00 | 6:01.00 |
| 4x100 Meter Relay | Any entry time | Any entry time |
| 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 |