

2023 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..... FinalsGIRLS & BOYS
- 1:00** Long Jump Open order for 1 hour and 30 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.
LJ..... FinalsBOYS-GIRLS
- 1:00** Shot Put Open order for 1 hour and 30 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.
SP..... Finals.....GIRLS-BOYS

SEMI-FINALS & 4x800m RELAY

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

FINALS

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

- 4:15** 55m (30") hurdles.....FinalsGIRLS
55m (33") hurdles..... FinalsBOYS
4:25 100m dash..... Finals.....GIRLS-BOYS
4:35 4x200m relay..... Finals.....GIRLS-BOYS
5:15 1600m run..... Finals.....GIRLS-BOYS
5:40 4x100m relay..... Finals.....GIRLS-BOYS
6:15 400m dash..... Finals.....GIRLS-BOYS
6:45 70m dash..... Finals.....GIRLS-BOYS
6:55 800m run..... Finals.....GIRLS-BOYS
7:15 200m (30") hurdles..... Finals.....GIRLS-BOYS
7:40 200m dash..... Finals.....GIRLS-BOYS
7:50 3200m run..... Finals.....GIRLS-BOYS
8:20 4x400m relay..... Finals.....GIRLS-BOYS
9:20 Presentation of Team Awards.....GIRLS-BOYS