

# 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

<b>1:00</b>	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
<b>1:00</b>	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. Girls will begin 15 minutes after the boys finish. LJ..... finals.....BOYS-GIRLS
<b>1:00</b>	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. Boys will begin 15 minutes after the girls finish. SP..... finals.....GIRLS-BOYS

## PRELIMS & 4x800m RELAY

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

## FINALS

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

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