

# 2024 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.....finals.....**BOYS & GIRLS**
- 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..... finals .....**GIRLS-BOYS**
- 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 .....**BOYS-GIRLS**

## PRELIMS & 4x800m RELAY

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

## FINALS

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

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