

**54th ANNUAL OAKLAND COUNTY
TRACK AND FIELD CHAMPIONSHIP MEET**

2013 Qualifying Standards

ENTRIES: DUE TUESDAY, MAY 22, BY 12:00 NOON

<u>EVENT</u>	<u>BOYS</u>	<u>GIRLS</u>
Pole Vault	11'0"	8'0"
Discus	130'0"	105'0"
Shot Put	45'0"	33'0"
Long Jump	20'0"	16'0"
High Jump	6'0"	5'0"
4x800 Meter Relay	8:30.0	10:25.0
110/100 Hurdles	15.5	16.9
100 Meter Run	11.2	13.0
4x200 Meter Relay	1:33.5	1:52.0
1600 Meter Run	4:30.0	5:25.0
4x100 Meter Relay	45.0	52.0
400 Meter Run	51.5	1:02.0
300 Hurdles	41.0	49.0
800 Meter Run	2:01.0	2:25.0
200 Meter Run	23.1	26.5
3200 Meter Run	10:00.0	12:00.0
4x400 Meter Relay	3:32.0	4:18.0

Opening Heights/Minimum Standards:

High Jump*: Boys start - 5'9"	Girls start - 4'9"
*1 st raise will be 3" Each subsequent raise will be 2"	
Pole Vault: Boys start - 9'6"	Girls start - 6'6"
Long Jump: Boys - no measure under 19'6"	Girls - no measure under 15'0"
Shot Put: Boys - no measure under 43'0"	Girls - no measure under 30'0"
Discus: Boys - no measure under 120'0"	Girls - no measure under 95'0"

**54th ANNUAL OAKLAND COUNTY
TRACK AND FIELD CHAMPIONSHIP MEET
FRIDAY, MAY 24, 2013 AT HOLLY HIGH SCHOOL**

MEET TIME SCHEDULE

3:00 **Girls Pole Vault**
Boys Long Jump
Boys Discus
Girls Shot Put
Girls High Jump

30 MINUTES AFTER THE CONCLUSION OF THE 3:00 EVENTS

Boys Pole Vault
Girls Long Jump
Girls Discus
Boys Shot Put
Boys High Jump

4:30 100 Preliminary to Final
100 Hurdles Preliminary to Final
110 Hurdles Preliminary to Final
200 Preliminary to Final
3200m Relay FINAL

5:45 PM **Meet dedication and National Anthem**

6:00 PM	100 Hurdle FINAL	Girls
	110 Hurdle FINAL	Boys
	100 FINAL	Girls/Boys
	800m Relay FINAL	Girls/Boys
	1600 FINAL	Girls/Boys
	400m Relay FINAL	Girls/Boys
	400 FINAL	Girls/Boys
	300 Hurdles FINAL	Girls/Boys
	800 FINAL	Girls/Boys
	200 FINAL	Girls/Boys
	3200 FINAL	Girls/Boys
	1600m Relay FINAL	Girls/Boys

AWARDS: **Kermit N. Ambrose Award** to winning boy's team and plaque to runners-up
Medals to the top eight places in individual and relay events.

SCORING: All Events: 10-8-6-5-4-3-2-1

