

**OAKLAND COUNTY MIDDLE SCHOOL TRACK MEET
2019 BOYS ADDITIONAL QUALIFYERS**

Use this sheet to help you complete the online entries.

ONLINE ENTRY DEADLINE: THURSDAY, MAY 23 AT 8:59 PM

RUNNING EVENTS

70 M DASH	Add. Qual. 8.90
100 M DASH	Add. Qual. 12.40
200 M DASH	Add. Qual. 26.30
400 M DASH	Add. Qual. 58.50
800 M RUN	Add. Qual. 2:20.00
1600 M RUN	Add. Qual. 5:15.00
3200 M RUN	Qual. 12:50.00 Add. Qual. 12:00.00
55 M HURDLES	Add. Qual. 8.90
200 M HURDLES	Add. Qual. 28.90

FIELD EVENTS

SHOT PUT – 4kg (8 lbs 13oz)	Add. Qual. 37' 09"
LONG JUMP	Add. Qual. 16' 09"
HIGH JUMP	Add. Qual. 5'2"
RELAYS	TIME
4 X 100 M (all schools may enter)	_____
4 X 200 M (Qual. 1:52.00)	*
4 X 400 M (Qual. 4:15.00)	*
4 X 800 M (Qual. 10:30.00)	*

*Relay team **MUST** meet or exceed qualifying time.

Running Events

All schools may enter one (1) athlete in each event regardless of time. A school may enter two (2) athletes if **BOTH** have met or exceeded the additional qualifying time.

3200 M RUN – Even if entering only one (1) athlete, that athlete must meet or exceed the *qualifying* time. If two (2) athletes, **BOTH** must have met or exceeded the *additional qualifying* time.

Field Events

All schools may enter one (1) athlete in each event regardless of standard. A school may enter two (2) athletes if **BOTH** have met or exceeded the additional qualifying standard.

Athlete Entries

An athlete may only be entered in a **MAXIMUM** of any 3 events. Examples: 3 running events or 1 relay and 2 running events or 2 relays and 1 field event or 1 of each or