

**MICHIGAN HIGH SCHOOL TRACK AND FIELD ORDER OF EVENTS****2023-24 JR. HIGH/MIDDLE SCHOOL "OFFICIALS PAL"**

EVENT (Michigan Order)	FORMAT	STAGGERS	CUT	EXCHANGE(S)	COMMAND
4 x 800 M Relay	Run in alleys 4 x 800 meters or Waterfall	One or Two Turn	a. After the gun b. Upper Fall start of Back Straightaway	After 800 M	"On Your Marks"; Gun
55 M Low Hurdles	5 Hurdles: 33" Boys 30" Girls	Straightaway	None	None	"On Your Marks"; "Set" Gun
100 M Dash	Run lanes entire race	Straightaway	None	None	"On Your Marks"; "Set" Gun
4 x 200 Relay	4 x 200 Meters: Run in Lanes	Four Turn	None	All Exchanges in lane in which team started	"On Your Marks"; "Set" Gun
1600 M Run	Alleys or Waterfall (four laps)	One or Two Turn	a. After the gun b. Upper Fall start of Back Straightaway	None	"On Your Marks"; Gun
4 x 100 M Relay	4 x 100 Meter: All runners run in lanes	Two Turn	None	After 100 M	"On Your Marks"; "Set" Gun
400 M Dash	Run lanes entire race	Two Turn	None	None	"On Your Marks"; "Set" Gun
70 M Dash	Run lanes entire race	Straightaway	None	None	"On Your Marks"; "Set" Gun
800 M Run	Alleys (two laps) or Waterfall	One or Two Turn	a. After the gun b. Upper Fall start of Back Straightaway	None	"On Your Marks," Gun
200 M Hurdles	30" Boys/Girls 5 Hurdles: Use existing 300 M hurdle marks starting with second mark	One Turn	None	None	"On Your Marks"; "Set" Gun
200 M Dash	Run in Lanes	One Turn	None	None	"On Your Marks"; "Set" Gun
3200 Meter Run	Run in alleys (eight laps) or Waterfall	One or Two Turn	a. After the gun b. Upper Fall start of Back Straightaway	None	"On Your Marks"; Gun
4 x 400 M Relay	4 x 400 Meters	Three Turn	Start of the back Straightaway	Same lane in which the team started (1 <sup>st</sup> exchange)	"On Your Marks"; "Set" Gun

NOTE: Waterfall cut in for upper waterfall start in the 800m, 1600m, 3200m, and the 4x800m relay is the start of the back straight away

**NOTE:** 4 x 800 M Relay must be conducted during the Field Events.

- One false start is permitted when using the "Michigan Order of Events."
- BOYS track events are run first in EVEN years; GIRLS track events first in ODD years.

**In 2024 - BOYS RUN FIRST.**

- **Order of Field Events in EVEN YEARS:** Girls pole vault and long jump first. (Followed by Boys pole vault and long jump) Boys shot put and high jump. (Followed by Girls shot put and high jump.)
- **Order of Field Events in ODD YEARS:** Boys pole vault and long jump first. (Followed by Girls pole vault and long jump) Girls shot put and high jump. (Followed by Boys shot put and high jump.)
- Shot Put weights – Boys – 4 kg. Girls – 6 lbs.
- Refer to MHSAA Handbook page 97 for junior high/middle school information.