

MICHIGAN HIGH SCHOOL TRACK AND FIELD ORDER OF EVENTS**2025-26 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 st 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 2026 - 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.