

# THE FRESHMAN OAKLAND COUNTY TRACK AND FIELD INVITATIONAL CHAMPIONSHIPS

A tradition since 1977

**Tuesday, May 21st, 2024 @ Milford High School**

- TIME:** 3:00 FIELD EVENTS  
Girls discus, pole vault and long jump first.  
(Followed by Boys discus, pole vault and long jump)  
Boys shot put and high jump.  
(Followed by Girls shot put and high jump.)
- 5:30 Sectioned Finals (There will be no prelims in any race)
- PLACE:** MILFORD HIGH SCHOOL TRACK  
(Only 1/8" spikes allowed. Check your shoes)
- ENTRY FEES:** \$80/TEAM; \$150/for combined boy/girl team  
Make checks payable to **Milford High School**  
Coaches - have your AD send this entry fee to Milford High School  
*\*\*This event is an invitational and is not part of the Oakland County Championship meet entry fees paid in the fall\*\**
- ADMISSION:** \$5.00
- T-SHIRTS:** **A limited number of T-shirts** will be available for \$15.
- AWARDS:** Medals to the top Eight places in individual and relay events.  
Team trophies awarded to the top 3 boys' and top 3 girls' teams.
- SCORING:** All events: 10-8-6-5-4-3-2-1
- ORDER OF EVENTS:** Same as National Federation Rules. Boys run first in each event
- ENTRIES:** Each team may enter a maximum of **TWO** athletes in the individual events and one relay team in each relay event.  
**We will enter via the web, using Athletic.net. Entries due on Sunday, May 21st, 2023 at 5:00pm. Please remember that you must be able to print out a version for yourself as proof that the entries were correctly installed. ALL SUBSTITUTIONS ON MEET DAY WILL COST \$10 EACH!!**
- FACILITIES:** Milford High School features a Beynon Sports BSS 1000 surface. We will have our outdoor facilities available. The indoor facilities are off limits to all participants bearing weather delays. Student-Athletes are not to be in the school.

# THE FRESHMAN OAKLAND COUNTY 2024 QUALIFYING STANDARDS

<u>Boys Standard</u>	<u>Event</u>	<u>Girls Standard</u>
9' 0"	Pole Vault	6' 6"
5' 2"	High Jump	4' 7"
18' 0"	Long Jump	14' 0"
35' 0"	Shot Put	27' 0"
100' 0"	Discus	77' 0"
9:59.00	3200 Relay	12:00.00
19.00	110/100 HH	19.00
12.40	100 M Dash	13.50
1:45.00	800 Relay	2:00.00
5:02.00	1600 M Run	6:05.00
51.00	400 Relay	57.00
56.50	400 M Dash	66.50
2:14.00	800 M Run	2:39.00
51.00	300 Hurdles	57.00
25.00	200 M Dash	29.00
11:15.00	3200 M Run	13:40.00
4:00.00	1600 Relay	4:40.00

## Qualifying standards in the field events

Represent the opening heights in the high jump and pole vault.

*For the shot, discus, and long jump, the standard represents the distances below which no measurement will be made.*

**COACHES - PLEASE ADHERE TO THE STANDARDS**  
Remember, the efficiency of this meet depends on YOU!

**TIMING:** The Milford Timing company will be timing the meet. We will be using FAT timing. For the 2023 season we will run sectioned finals and not prelims for the 100, 100HH/110HH, & 200.

**ELIGIBILITY:** All enrolled ninth grade students from MHSAA sanctioned schools are eligible whether they attend a 3 or 4 year high school or a junior high school.

**SCRATCHES:** SCRATCHES will start at 2:00 PM in the “Coaches Only” room adjacent to the concession stand.  
***\*EACH SUBSTITUTION MADE ON MEET DAY WILL BE CHARGED A \$10 LATE FEE PAYABLE IN CASH AT THE TIME OF THE CHANGE!***  
**REMEMBER: ONLY TWO ENTRIES ALLOWED IN INDIVIDUAL EVENTS.**

**AWARDS PRESENTATION:**  
All Awards will be available to Coaches after the conclusion of the Meet.

**MAIL ENTRY FEES TO:**

**Shannon Thompson  
Milford High School  
2380 S. Milford Road  
Highland, MI 48357**

**QUESTIONS OR CONCERNS:**  
Please contact Coach Brian Salyers at [brian.salyers@hvs.org](mailto:brian.salyers@hvs.org)  
or Eric Hincka at [eric.hincka@hvs.org](mailto:eric.hincka@hvs.org)

**2024 FRESHMAN OAKLAND COUNTY TRACK & FIELD**  
**MEET DAY SCHEDULE**  
**Tuesday, MAY 21st, 2024**

**3:00 PM     First rotation of Field Events**

GIRLS' POLE VAULT

GIRLS' LONG JUMP

GIRLS' DISCUS

BOYS' SHOT PUT

BOYS' HIGH JUMP

**30 MINUTES AFTER THE CONCLUSION OF THE 3:00 EVENTS:**

BOYS' POLE VAULT

BOYS' LONG JUMP

BOYS' DISCUS

GIRLS' SHOT PUT

GIRLS' HIGH JUMP

**5:20 PM     National Anthem**

**5:30 PM     Section Finals for all Track Events Begin**

3200 RELAY FINAL

110 HURDLE FINAL

100 HIGH HURDLE FINAL

100 DASH FINAL

800 RELAY FINAL

1600 RUN FINAL

400 RELAY FINAL

400 DASH FINAL

300 HURDLE FINAL

800 RUN FINAL

200 DASH FINAL

3200 RUN FINAL

1600 RELAY

**10 MINUTES AFTER THE LAST RACE**

Presentation of Team Awards..... Boys

Presentation of Team Awards.....Girls