

2006 HIGH SCHOOL "OFFICIALS PAL"

EVENT (Michigan Order)	FORMAT	STAGGERS	CUT	EXCHANGE(S)	COMMAND
3200 Meter Relay	Run in alleys	Two Turn	Start of front Straightaway	After 800 M	"On Your Marks"; Gun
Boys 110 M. H. H.	10, 39" Hurdles; 13.716 M (45') to first hurdle; 9.144 M (30') between hurdles; 13.988 M (45' 10 5/8") from 10th hurdle to finish	Straightaway	None	None	"On Your Marks"; "Set" Gun
Girls 100 M. H. H.	10, 33" Hurdles; 13 M (42'.8") to first hurdle; 8.5 M (27' 10 3/4") between hurdles; 10, 5 M (34'5 1/2") from 10th hurdle to finish	Straightaway	None	None	"On Your Marks"; "Set" Gun
100 M Dash	Run in lanes entire race	Straightaway	None	None	"On Your Marks"; "Set" Gun
800 M Relay	4 x 200 Meters; Run in Lanes	Four turn	None	All Exchanges will be made in lane in which team started	"On Your Marks"; "Set" Gun
1600 M Run	Run in Alleys (four laps)	Two Turn	Start of front Straightaway	None	"On Your Marks"; Gun
400 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 in lanes entire race	Two Turn	None	None	"On Your Marks"; "Set" Gun
Boys 300 M I. H.	8, 36" Hurdles; 45 M (147'7 1/2") to first hurdle; 35 M (114'10") between hurdles; 10 M (32'9 3/4") from 8th hurdle to finish	One Turn	None	None	"On Your Marks"; "Set" Gun
Girls 300 M I. M.	8, 30" Hurdles; 45 M (147'7 1/2") to first hurdle; 35 M (114'10") between hurdles; 10 M (32'9 3/4") from 8th hurdle to finish	One Turn	None	None	"On Your Marks"; "Set" Gun
800 M Run	Run in Alleys (two laps)	Two Turn	Start of front Straightaway	None	"On Your Marks"; Gun
200 M Dash	Run in Lanes	One Turn	None	None	"On Your Marks"; "Set" Gun
3200 M Run	Run in Alleys (eight laps)	Two Turn	Start of front Straightaway	None	"On Your Marks"; Gun
1600 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

ORDER OF FIELD EVENTS

EVEN YEARS: Girls high jump, pole vault and shot put first. (Followed by Boys high jump, shot put and pole vault.)
Boys discus and long jump first. (Followed by Girls discus and long jump.)

ODD YEARS: Boys high jump, pole vault and shot put first. (Followed by Girls high jump, shot put and pole vault.)
Girls discus and long jump first. (Followed by Boys discus and long jump.)

MICHIGAN HIGH SCHOOL TRACK AND FIELD ORDER OF EVENTS

2006 JR. HIGH/MIDDLE SCHOOL "OFFICIALS PAL"

EVENT (Michigan Order)	FORMAT	STAGGERS	CUT	EXCHANGE(S)	COMMAND
3200 Meter Run	Run in alleys (eight laps)	Two Turn	Start of front Straightaway	None	"On Your Marks"; Gun
55 M Low Hurdles	5 Hurdles: 33" Boys 30" Girls	Straightaway	None	None	"On Your Marks"; "Set" Gun
800 M Relay	4 x 200 Meters; Run in Lanes	Four Turn	None	All Exchanges in lane in which team started	"On Your Marks"; "Set" Gun
800 M Run	Alleys (two laps)	Two Turn	Start of front Straightaway	None	"On Your Marks"; Gun
1600 M Run	Alleys (four laps)	Two Turn	Start of front Straightaway	None	"On Your Marks"; Gun
100 M Dash	Run lanes entire race	Straightaway	None	None	"On Your Marks"; "Set" Gun
400 M Dash	Run lanes entire race	Two Turn	None	None	"On Your Marks"; "Set" Gun
3200 M Relay	Run in alleys 4 x 800 meters	Two Turn	Start of front Straightaway	After 800 M	"On Your Marks"; Gun
70 M Dash	Run lanes entire race	Straightaway	None	None	"On Your Marks," "Set" Gun
200 M Hurdles	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
1600 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
400 M Relay	4 x 100 Meter: All runners run in lanes	Two Turn	None	After 100 M	"On Your Marks"; "Set" Gun

- **3200 M Run 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 2006- BOYS RUN FIRST.**
- **Field Event Order - Girls high jump, shot put first
Boys long jump and pole vault first**
- **Refer to MHSAA Handbook page 78 for junior high/middle school information.**

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