

THE FRESHMAN OAKLAND COUNTY TRACK AND FIELD INVITATIONAL CHAMPIONSHIPS

A tradition since 1977

Tuesday, May 25th, 2021 @ Milford High School

Note we intend to keep on the Tuesday after Regionals moving forward.

- TIME:** 3:00 FIELD EVENTS
GIRLS: Shot Put, High Jump, first
BOYS: Discus and Long Jump and Pole Vault first
- 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 Track and Field**
Coaches - have your AD send this entry fee to Milford High School
Teams can enter their teams online if the fee has already been submitted.
***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 Six 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 23rd, 2021 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 2021 QUALIFYING STANDARDS

<u>Boys Standard</u>	<u>Event</u>	<u>Girls Standard</u>
9' 0"	Pole Vault	6' 6"
5' 2"	High Jump	4' 6"
18' 0"	Long Jump	14' 0"
35' 0"	Shot Put	27' 0"
100' 0"	Discus	75' 0"
9:59.0	3200 Relay	11:55.0
19.00	110/100 HH	19.00
12.40	100 M Dash	13.50
1:45.00	800 Relay	11:59.00
5:05.00	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
11:00.00	3200 M Run	13:20.00
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 2021 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: COFFEE, DONUTS, 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:

**SANDY ALASKA
Milford High School
2380 S. Milford Road
Highland, MI 48357**

QUESTIONS OR CONCERNS:
Please contact Coach Brian Salyers at brian.salyers@hvs.org

2021 FRESHMAN OAKLAND COUNTY TRACK & FIELD
MEET DAY SCHEDULE
Tuesday, MAY 25th, 2021

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

BOYS' POLE VAULT
BOYS' LONG JUMP
BOYS' DISCUS
GIRLS' SHOT PUT
GIRLS' HIGH JUMP

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

GIRLS' POLE VAULT
GIRLS' LONG JUMP
GIRLS' DISCUS
BOYS' SHOT PUT
BOYS' HIGH JUMP

5:20 National Anthem (or 20 minutes after the 3200 Relay if running behind)

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

3200 RELAY FINAL
100 HURDLE FINAL
110 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..... Girls
Presentation of Team Awards..... Boys