

MICHIGAN HIGH SCHOOL TRACK & FIELD ORDER OF EVENTS

2025 HIGH SCHOOL "OFFICIALS GUIDE"

EVENT (Michigan Order)	FORMAT	STAGGERS	CUT	EXCHANGE(S)	COMMAND
4x800M Relay	Waterfall Start Lead Off Runners	Lower Waterfall	Cut after the GUN	Outgoing runner's position corresponds to place of incoming runner (CALIF exch)	"On Your Marks"
		Upper Waterfall	Cut to Lane 5; Then Cut to Pole at start of back Straightaway		... Gun
100M HH Girls	10 Hurdles - 33" Start – 13M (42'8") Between – 8.5M (27'10¼") Finish – 10.5M (34'5½")	Straight Dash	None	None	"On Your Marks ... Set" ... Gun
110M HH Boys	10 Hurdles - 39" Start – 45FT (13.716M) Between – 30FT (9.144M) Finish – 45FT 105/8IN (13.988M)	Straight Dash	None	None	"On Your Marks ... Set" ... Gun
100M Dash	Run in Assigned Lane	Straight Dash	None	None	"On Your Marks ... Set" ... Gun
4x200M Relay	Teams Run in Assigned Lanes for Entire Race	4-turn Stagger	None	All exchanges made in assigned lane	"On Your Marks ... Set" ... Gun
1600M Run	Waterfall Start 4 Laps	Lower Waterfall	Cut after the GUN	None	"On Your Marks"
		Upper Waterfall	Cut to Lane 5; Then cut at start of back Straightaway		... Gun
4x100M Relay	Teams Run in Assigned Lanes for Entire Race	2-turn Stagger	None	All exchanges made in assigned lane	"On Your Marks ... Set" ... Gun
400M Dash	Run in Assigned Lane	2-turn Stagger	None	None	"On Your Marks ... Set" ... Gun
300M IH Girls	8 Hurdles - 30"	1-turn Stagger	None	None	"On Your Marks ... Set" ... Gun
	Start - 45M Between – 35M Finish – 10M				
300M LH Boys	8 Hurdles - 36"	1-turn Stagger	None	None	"On Your Marks ... Set" ... Gun
	Start - 45M Between – 35M Finish – 10M				
800M Run	Waterfall Start 2 Laps	Lower Waterfall	Cut after the GUN	None	"On Your Marks" ... Gun
		Upper Waterfall	Cut to Lane 5; Then cut at start of back Straightaway		
200M Dash	Run in Assigned Lane	1-turn Stagger	None	None	"On Your Marks ... Set" ... Gun
3200M Run	Waterfall Start 8 Laps	Lower Waterfall	Cut after the GUN	None	"On Your Marks" ... Gun
		Upper Waterfall	Cut to Lane 5; Then Cut to Pole at start of back Straightaway		
4x400M Relay	Lead Off Runners Stay in Lanes	3-turn Stagger	2nd Runner Cuts to Pole at Start of BACK Straightaway	1st Exchange Made in Assigned Lanes	"On Your Marks ... Set" ... Gun
	After 1st Exchange, 2nd Runners Cut to Pole at Start of Back Straightaway			2nd & 3rd exchange - Position Corresponds to Place of Incoming Runner (CALIF exch)	

Running Event Order

Field Event Order

EVEN YR - BOYS 1st

ODD YR - GIRLS 1st

EVEN YR - GIRLS 1st: LJ, DT, PV

ODD YR - GIRLS 1st: HJ, SP