

MICHIGAN HIGH SCHOOL TRACK & FIELD ORDER OF EVENTS

2025 MIDDLE SCHOOL "OFFICIALS GUIDE"

Refer to 2024-2025 MHSAA Coaches Guidebook p.20

| 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 |
| 55M Hurdles 33" Boys - 30" Girls | 5 Hurdles (Girls HS Spacing) Start – 13M (42'8") Between – 8.5M (27'10¾") Finish – 8 M (34'5½") | 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" ... Gun |
| | | Upper Waterfall | Cut to Lane 5; Then cut at start of back Straightaway | | |
| 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 |
| 70M Dash | Run in Assigned Lane | Straight Dash | None | None | "On Your Marks ... Set" ... Gun |
| 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 LH 30" Boys - 30" Girls | 5 Hurdles (HS 300H Spacing) Start (at 200m mark) - 50M Between – 35M Finish – 10M | 1-turn | None | None | "On Your Mark," "Set," ... Gun |
| 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, PV

ODD YR - GIRLS 1st: HJ, SP

One FALSE START is permitted when using "Michigan Order of Events"

Middle School Shot Put

Boys - 4 kilogram

Girls - 6 pound