

2022 HIGH SCHOOL "OFFICIALS PAL"

| EVENT (Michigan Order) | FORMAT | STAGGERS | CUT | EXCHANGE(S) | COMMAND |
|-----------------------------------|---|-----------------|--|--|-------------------------------|
| 4 x 800 Meter Relay | a. Waterfall b. Double Waterfall | One Turn | a. After the gun b. Upper Fall start of Back 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 |
| 4 x 200 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 | a. Waterfall b. Double Waterfall (four laps) | One Turn | a. After the gun b. Upper Fall start of Back Straightaway | None | "On Your Marks"; Gun |
| 4 x 100 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 | a. Waterfall b. Double Waterfall (two laps) | One Turn | a. After the Gun b. Start of Back Straightaway | None | "On Your Marks"; Gun |
| 200 M Dash | Run in Lanes | One Turn | None | None | "On Your Marks"; "Set" Gun |
| 3200 M Run | a. Waterfall b. Double Waterfall (eight laps) | One Turn | a. After the Gun b. Start of Back Straightaway | None | "On Your Marks"; Gun |
| 4 x 400 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 |

NOTE: Waterfall cut in for upper waterfall start in the 800m, 1600m, 3200m, and the 4x800m relay is the start of the back straight away

ORDER OF FIELD EVENTS

EVEN YEARS: 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.)

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