

**2023-24 HIGH SCHOOL "OFFICIALS PAL"**

<b>EVENT (Michigan Order)</b>	<b>FORMAT</b>	<b>STAGGERS</b>	<b>CUT</b>	<b>EXCHANGE(S)</b>	<b>COMMAND</b>
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 <sup>st</sup> 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.)