

Macomb County Meet of Champions
Thursday, May 23, 2019
Dakota High School

3:30 pm Coaches Meeting

3:30 pm Shot / Disc Weigh in

4:00 pm Field Events

4:30 pm 4x800 Finals

5:00 pm Qualifiers, 100m, High Hurdles, 200m

6:00 pm National Anthem

6:05 pm Finals

	Girls		Boys	
Pole Vault	8' 0"	7' 6" starting ht.	10' 0"	10' 0" starting ht.
Discus	90' 0"		120' 0"	
Shot Put	30' 0"		41' 0"	
High Jump	4' 8"	4' 8" starting ht.	5' 9"	5' 9" starting ht.
Long Jump	14' 11"		19' 3"	
	F.A.T.	Hand Time	F.A.T.	Hand Time
High Hurdles	18.24	18.0	17.24	17.0
100m Dash	13.74	13.5	11.74	11.5
1600m Run	5:55.14	5:55.0	4:51.14	4:51.0
400m Dash	1:06.14	1:06.0	55.14	55.0
300m Hurdles	54.14	54.0	44.64	44.5
800m Run	2:40.14	2:40.0	2:10.14	2:10.0
200m Dash	28.24	28.0	24.24	24.0
3200m Run	13:06.14	13:06.0	10:45.14	10:45.0

***ALL relays are invited.**