



# GHSA STATE TRACK & FIELD STATE CHAMPIONSHIPS

## 3A & 4A GIRLS' & BOYS'

Hugh Mills Stadium, Albany, Georgia

May 9-11, 2024



(60 minute Warm up for each Pole Vault session) (Thursday 8:30 am, 12:00 pm, 3:30 pm / Friday 9:00 am)

(60 minute Warm up for each Pole Vault session)

(40 minute Warm up for each High Jump session)

(20 minute Warm up for all flights of Discus Throw, Shot Put, Long Jump, and Triple Jump)

### Thursday, May 9, 2024 – Session I - Field Events Finals, 3200m Finals

- 9:30 am Pole Vault-Class 3A Girls
- 10:00 am High Jump-Class 3A Boys, Shot Put-Class 3A Boys, Triple Jump-Class 3A Boys  
Discus Throw-Class 4A Girls, Long Jump-Class 4A Girls
- 12:00 pm High Jump-Class 3A Girls, Shot Put-Class 3A Girls, Triple Jump-Class 3A Girls  
Discus Throw-Class 4A Boys, Long Jump-Class 4A Boys
- 1:00 pm Pole Vault-Class 3A Boys
- 2:00 pm Discus Throw-Class 3A Girls, Long Jump-Class 3A Girls  
High Jump-Class 4A Boys, Shot Put-Class 4A Boys, Triple Jump-Class 4A Boys
- 4:00 pm Discus Throw-Class 3A Boys, Long Jump-Class 3A Boys  
High Jump-Class 4A Girls, Shot Put-Class 4A Girls, Triple Jump-Class 4A Girls
- 4:30 pm Pole Vault-Class 4A Girls
- 7:00 pm 3200 Meter Finals (3A Girls/Boys, then 4A Girls/Boys)

### Friday, May 10, 2024 – Session II

#### **Qualifying Heats for Running Events and 1600 Meter Finals**

The running order in all Prelims will be 3A Girls/Boys, followed by 4A Girls/Boys

\*The running order in all Hurdles will be 3A/4A Girls, followed by 3A/4A Boys

- 10:00 am Pole Vault-Class 4A Boys
- 12:00 pm \*100 Meter Hurdles / 110 Meter Hurdles
- 12:50 pm 100 Meter Dash
- 1:30 pm 1600 Meter Run Finals
- 2:10 pm 4x100 Meter Relay
- 2:50 pm 400 Meter Dash
- 3:30 pm \*300 Meter Hurdles
- 4:20 pm 800 Meter Run (one-turn stagger)
- 5:00 pm 200 Meter Dash
- 5:40 pm 4x400 Meter Relay Prelims

### Saturday, May 11, 2024 – Session III - Finals for Qualifying Events and 4 x 800 and 4 x 200 relays

The running order in all Finals will be 3A Girls/Boys, followed by 4A Girls/Boys

\*The running order in all Hurdles will be 3A/4A Girls, followed by 3A/4A Boys

- 12:00 pm 4x800 Relay Finals
- 1:00 pm \*100 Meter Hurdles / 110 Meter Hurdles
- 1:30 pm 100 Meter Dash
- 1:50 pm 4x200 Meter Relay Finals (Sections against time)
- 2:50 pm 4x100 Meter Relay
- 3:20 pm 400 Meter Dash
- 3:50 pm \*300 Meter Hurdles
- 4:30 pm 800 Meter Run (one-turn stagger)
- 5:00 pm 200 Meter Dash
- 5:50 pm 4x400 Meter Relay
- 6:20 pm **Presentation of Trophies**

#### **2024 STATE MEET VERTICAL OPENING HEIGHTS/PROGRESSIONS**

**BOYS POLE VAULT- 9'6"- 10'6"- 11'6"- 12'0"- 12'6"...**

**GIRLS POLE VAULT- 7'0"- 8'0"- 9'0"- 9'6"- 10'0"...**

**BOYS HIGH JUMP- 5'8"- 6'0"- 6'2"- 6'4"...**

**GIRLS HIGH JUMP- 4'6"- 4'10"- 5'0"- 5'2"...**

**GAMES COMMITTEE AND EVENT OFFICIALS SHOULD USE JUDGMENT WITH REGARDS TO ADJUSTING DUE TO WEATHER OR FIELD TALENT FOR EACH GROUP WITH THE UNDERSTANDING THAT THESE CHANGES WERE IMPLEMENTED TO HELP MOVE THE EVENT ALONG AND NOT PRECLUDE ATHLETES FROM BEING ABLE TO COMPETE**