



GHSAA STATE TRACK & FIELD CHAMPIONSHIPS

May 9-11, 2024

(Grisham Stadium, Carrollton HS, Carrollton, GA)



Thursday, May 9, 2024 – Session I - Field Events / 3200 Meter Finals

(Warmup time will be provided from the start time of the fields events; 20 minutes for flight specific throws and horizontal jumps, 40 minutes for high jump, and 60 minutes for pole vault.)

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| 12:00 pm | Discus Throw – 7A Girls, 7A Boys | 2:30 pm | Discus Throw – 5A Girls, 5A Boys |
| | High Jump – 5A Boys, 7A Girls | | High Jump – 5A Girls, 7A Boys |
| | Long Jump – 7A Girls | | Long Jump – 5A Girls, 7A Boys |
| | Pole Vault – 5A Girls, 7A Boys | | Shot Put – 7A Girls, 7A Boys |
| | Shot Put – 5A Boys, 5A Girls | | Triple Jump – 7A Girls |
| | Triple Jump – 5A Boys | | |
| 4:00 pm | Pole Vault – 7A Girls, 5A Boys | | |
| 4:30 pm | Wheelchair, Ambulatory – Discus Throw (Girls), Shot Put (Boys) | | |
| 5:00 pm | Long Jump – 5A Boys | | |
| | Triple Jump – 5A Girls, 7A Boys | | |
| 5:30 pm | Wheelchair, Ambulatory – Discus Throw (Boys), Shot Put (Girls) | | |
| 7:00 pm | 3200 Meter Finals (5A/7A Girls 5A/7A Boys) | | |

Friday, May 10, 2024 – Session II

Qualifying Heats for Running Events and 1600 Meter Finals

The running order in all running events will be 5A/7A Girls, followed by 5A/7A Boys

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

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

The running order in all running events will be 5A/7A Girls, followed by 5A/7A Boys

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| 12:00 pm | 4x800 Relay Finals |
| 12:40 pm | 100 Meter Hurdles / 110 Meter Hurdles |
| 1:10 pm | 100 Meter Dash (Ambulatory First) |
| 1:40 pm | 4x200 Meter Relay Finals (Sections against time) |
| 2:40 pm | 4x100 Meter Relay |
| 3:10 pm | 400 Meter Dash (Ambulatory First) |
| 3:50 pm | 300 Meter Hurdles |
| 4:20 pm | Wheelchair/Ambulatory 800 Meter Run (one-turn stagger) |
| 4:40 pm | 800 Meter Run (one-turn stagger) |
| 5:10 pm | 200 Meter Dash (Wheelchair/Ambulatory First) |
| 6:00 pm | 4x400 Meter Relay |
| 6:30 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