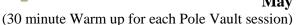


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## GHSA STATE TRACK & FIELD STATE CHAMPIONSHIPS

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

# Hugh Mills Stadium, Albany, Georgia May 9-11, 2024



- (30 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)

#### Friday, May 10, 2024 – 3200 Meter Run Finals, Field Events Finals

12:00 pm	3200 Meter Run Finals (one heat final, 3A Girls/Boys, 4A Girls/Boys)
1:00 pm	Discus Throw-Class 3A Girls, Long Jump-Class 3A Girls, Pole Vault-Class 3A Boys High Jump-Class 4A Boys, Shot Put-Class 4A Boys, Triple Jump-Class 4A Boys
3:30 pm	Discus Throw-Class 3A Boys, Long Jump-Class 3A Boys (four attempts final) High Jump-Class 4A Girls, Pole Vault-Class 4A Girls Shot Put-Class 4A Girls, Triple Jump-Class 4A Girls (four attempts final)

## 6:00 pm Pole Vault-Class 4A Boys

#### 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

Opening Ceremonies / Parade of Champions
4x800 Relay Finals (one heat final, dual-alley start)
*100 Meter Hurdles / 110 Meter Hurdles (Sections against time)
100 Meter Dash (Sections against time)
4x200 Meter Relay Finals (Sections against time)
1600 Meter Run Finals (one heat final)
4x100 Meter Relay (Sections against time)
400 Meter Dash (Sections against time)
*300 Meter Hurdles (Sections against time)
800 Meter Run (one heat final, dual-alley start)
200 Meter Dash (Sections against time)
4x400 Meter Relay (Sections against time)
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