



**GHSB STATE TRACK & FIELD STATE CHAMPIONSHIPS**  
**3A & 4A GIRLS' & BOYS'**  
**Hugh Mills Stadium, Albany, Georgia**  
**May 9-11, 2024**



(30 minute Warm up for each Pole Vault session)

(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

- 9:30 am Opening Ceremonies / Parade of Champions  
11:00 am 4x800 Relay Finals (one heat final, dual-alley start)  
12:00 pm \*100 Meter Hurdles / 110 Meter Hurdles (Sections against time)  
12:50 pm 100 Meter Dash (Sections against time)  
1:30 pm 4x200 Meter Relay Finals (Sections against time)  
2:10 pm 1600 Meter Run Finals (one heat final)  
2:50 pm 4x100 Meter Relay (Sections against time)  
3:20 pm 400 Meter Dash (Sections against time)  
4:00 pm \*300 Meter Hurdles (Sections against time)  
4:50 pm 800 Meter Run (one heat final, dual-alley start)  
5:20 pm 200 Meter Dash (Sections against time)  
6:10 pm 4x400 Meter Relay (Sections against time)  
6:40 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**