



# GHSB STATE TRACK & FIELD CHAMPIONSHIPS

1A-Division 2, 2A

May 9th-11th, 2024

East Jackson High School, Commerce, Ga

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



### Warm-up Guidelines:

11:00 (60 minute warm up for the pole vault) (60 minutes prior to the 3:00 PV Session)

11:20 (High Jump Warm up) 40 minutes warm up prior start of next HJ competition session

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

### 12:00 pm - Field Events

High Jump 1AD2 Girls (Scoreboard Area)

Shot 1AD2 Girls (Ring 1)

Pole Vault 2A Girls (Blue)

Long Jump 2A Boys (Pit 1)

Triple Jump 1AD2 Girls (Pit 3)

High Jump 2A Boys (Field House Area)

Shot 1AD2 Boys (Ring 2)

Pole Vault 1AD2 Boys (Red)

Long Jump 1AD2 Boys (Pit 2)

Discus 2A Girls (North)

### 2:00 pm

Shot 2A Girls (Ring 1)

Long Jump 2A Girls (Pit 1)

Discus 1AD2 Boys (South)

Shot 2A Boys (Ring 2)

Long Jump 1AD2 Girls (Pit 2)

### 3:00 pm

High Jump 2A Girls (Scoreboard Area)

Pole Vault 2A Boys (Blue)

High Jump 1AD2 Boys (Fieldhouse Area)

Pole Vault 1AD2 Girls (Red)

### 4:00 pm

Triple Jump 2A Boys (Pit 1)

Discus 2A Boys (South)

Triple Jump 2A Girls (Pit 3)

Triple Jump 1AD2 Boys (Pit 2)

Discus 1AD2 Girls (North)

6:30 pm - 3200m Run Final (2A/1AD2 Girls, then 2A Boys, 1AD2 Boys) (Dual-Alley Start)

### Friday, May 10, 2024 – Session II

Qualifying Heats for Running Events and 1600 Meter Run Finals

(The running order in all Prelims will be 2A/1AD2 Girls, followed by 2A/1AD2 Boys)

12:00 pm 1600 Meter Finals (2A, 1AD2 Girls followed by 2A, 1AD2 Boys)

1:00 pm 100 Meter Hurdles / 110 Meter Hurdles Prelims

1:30 pm 100 Meter Dash Prelims

2:00 pm 4x100 Meter Relay Prelims

3:00 pm 400 Meter Dash Prelims

3:45 pm 300 Meter Hurdles Prelims

4:20 pm 800 Meter Run Prelims (one-turn stagger)

5:10 pm 200 Meter Dash Prelims

6:00 pm 4x400 Meter Relay Prelims

### Saturday, May 11, 2024 – Session III - Finals for Running Events

(The running order in all races will be 2A/1AD2 Girls, followed by 2A/1AD2 Boys)

12:00 pm 4x800m Relay (Dual Alley Start)

1:00 pm 100 Meter Hurdles / 110 Meter Hurdles

1:30 pm 100 Meter Dash

1:50 pm 4x200 Meter Relay (Finals by Time)

2:50 pm 4x100 Meter Relay

3:20 pm 400 Meter Dash

3:50 pm 300 Meter Hurdles

4:20 pm 800 Meter Run (one-turn stagger)

4:40 pm 200 Meter Dash

5:30 pm 4x400 Meter Relay

6:10 pm Presentation of Trophies

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

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

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

**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.**