



**2019 GHSA Track and Field State Championships**  
**1A-Public, 3A, 4A Girls' & Boys'**  
**Presented by Atlanta Track Club**  
**Hugh Mills Stadium. Albany, GA**  
**May 9, 10, 11, 2019**



**Session I:**

**Thursday May 9, 2019**

**Field Events (1A-Public, 3A, 4A) Girls**

High Jump Opening Heights: 1A-4'6" ; 3A,4A-4'8"

Pole Vault Opening Heights: 1A-7'6" ; 3A,4A-8'0"

9:30 A.M. Shot Put 3A, Triple Jump-4A, Long Jump- 1A, Discus -1A, Pole Vault- 4A, High Jump Pit 1-3A

11:30 A.M. Shot Put-1A, Triple Jump-3A, Long Jump-4A, Discus-4A, Pole Vault 3A, High Jump Pit 2-1A

1:30 P.M. Shot Put-4A, Triple Jump-1A, Long Jump-3A, Discus-3A, Pole Vault-1A, High Jump Pit 1-4A

**Session II Boys Prelims (the order of Prelims running events will be 1A-Public, 3A, 4A):**

4:00 P.M. 4x100 Meter Relay

4:30 P.M. 400 Meter Dash

4:55 P.M. 100 Meter Dash

5:20 P.M. 110 Meter Hurdles

5:45 P.M. 800 Meter Run

6:10 P.M. 200 Meter Dash

6:35 P.M. 300 Meter Hurdles

7:00 P.M. 1600 Meter Run Finals (1A, 3A, 4A Girls)

7:30 P.M. 4x400 Meter Relay

8:15 P.M. 3200 Meter Run Finals (1A, 3A, 4A Boys)

**Session III:**

**Friday May 10, 2019**

**Field Events (1A-Public, 3A, 4A) Boys**

High Jump Opening Heights: 1A-5'6" ; 3A,4A-5'8"

Pole Vault Opening Heights: 1A-9'0" ; 3A,4A-10'0"

9:30 A.M. Shot Put 3A, Triple Jump-4A, Long Jump- 1A, Discus -1A, Pole Vault- 4A, High Jump Pit 1-3A

11:30 A.M. Shot Put-1A, Triple Jump-3A, Long Jump-4A, Discus-4A, Pole Vault 3A, High Jump Pit 2-1A

1:30 P.M. Shot Put-4A, Triple Jump-1A, Long Jump-3A, Discus-3A, Pole Vault-1A, High Jump Pit 1-4A

**Session IV Girls Prelims (the order of Prelims running events will be 1A-Public, 3A, 4A):**

4:00 P.M. 4x100 Meter Relay

4:30 P.M. 400 Meter Dash

4:55 P.M. 100 Meter Dash

5:20 P.M. 100/ MeterHurdles

5:45 P.M. 800 Meter Run

6:10 P.M. 200 Meter Dash

6:35 P.M. 300 Meter Hurdles

7:00 P.M. 1600 Meter Run Finals (1A, 3A, 4A Boys)

7:25 P.M. 4x400 Meter Relay

8:10 P.M. 3200 Meter Run Finals (1A, 3A, 4A Girls)

**Session V Running Finals:**

**Saturday, May 11, 2019**

**The order of running events will be 1A-Public, 3A, 4A (Girls Heats followed by Boys Heats)**

11:15 A.M. Opening Ceremonies

12:00 P.M. 4x100 Meter Relay

12:30 P.M. 400 Meter Dash

1:00 P.M. 100 Meter Dash

1:30 P.M. 100 Meter Hurdles / 110 Meter Hurdles

2:05 P.M. 800 Meter Run

2:35 P.M. 200 Meter Dash

3:05 P.M. 300 Meter Hurdles

3:35 P.M. 4x400 Meter Relay

4:10 P.M. Trophy Presentations