



GHSA STATE TRACK & FIELD CHAMPIONSHIPS
1A-Division 1, 6A
May 9-11, 2024
(Historic Barron Stadium - Maddox Track, Rome, GA)



Warm-up Guidelines:

(60 minute Warm up for each Pole Vault session) (Thursday 8:30am 12:00pm, 3:30pm / Friday 9:00am)
 (40 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)

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

9:30 am	Pole Vault-Class 6A Boys		
10:00 am	High Jump-Class 1A-I Boys	Long Jump-Class 1A-I Girls	
	Shot Put-Class 1A-I Boys	Discus Throw-Class 6A Girls	Triple Jump-Class 6A Boys
12:00 pm	Discus Throw-Class 1A-I Boys	High Jump-Class 1A-I Girls	
	Shot Put-Class 1A-I Girls	Long Jump-Class 6A Boys	Triple Jump-Class 6A Girls
1:00 pm	Pole Vault-Class 6A Girls		
2:00 pm	Discus Throw-Class 1A-I Girls	High Jump-Class 6A Boys	
	Triple Jump-Class 1A-I Boys	Shot Put-Class 6A Boys	Long Jump-Class 6A Girls
4:00 pm	Long Jump-Class 1A-I Boys	Discus Throw-Class 6A Boys	
	Triple Jump-Class 1A-I Girls	Shot Put-Class 6A Girls	High Jump-Class 6A Girls
4:30 pm	Pole Vault-Class 1A-I Boys		
7:00 pm	3200 Meter Run Final (1A-I / 6A Girls, then 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 races will be 1A-I / 6A Girls, then 1A-I / 6A Boys)

10:00 am	Pole Vault-Class 1A-I Girls,
12:00 pm	1600 Meter Run Final (1A-I / 6A Girls, then Boys)
1:00 pm	100 Meter Hurdles Prelims / 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)
5:00 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 1A-I / 6A Girls, then 1A-I / 6A Boys)

12:00 pm	4x800 Relay Final 1A-I / 6A Girls, then Boys) (Dual-Alley Start)
1:00 pm	100 Meter Hurdles / 110 Meter Hurdles
1:40 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)
4:50 pm	200 Meter Dash
5:40 pm	4x400 Meter Relay
6:15 pm	Presentation of Trophies

2024 STATE MEET VERTICAL OPENING HEIGHTS/PROGRESSIONS

BOYS POLE VAULT- 9'0"- 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**