



GHSA STATE TRACK & FIELD CHAMPIONSHIPS
1A-Division 1, 5A
May 9-10, 2025
(Historic Barron Stadium - Maddox Track, Rome, GA)



Warm-up Guidelines:

- (60 minute Warm up for each Pole Vault session) (Friday 9:30am 12:30pm, 3:30pm 6:30pm)
- (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)

Friday, May 9, 2025 – Session I - Field Events Finals

9:30 am	High Jump-Class 1A-I Boys Discus Throw-Class 1A-I Girls Shot Put-Class 5A Girls	Long Jump-Class 1A-I Girls Shot Put-Class 5A Boys Pole Vault-Class 5A Boys	Triple Jump-Class 5A Boys Discus Throw-Class 1A-I Boys
11:30 pm	High Jump-Class 1A-I Girls Discus Throw-Class 5A Boys Shot Put-Class 1A-I Boys	Long Jump-Class 5A Boys Shot Put-Class 1A-I Girls	Triple Jump-Class 5A Girls Discus Throw-Class 5A girls
12:30 pm	Pole Vault-Class 5A Girls		
1:30 pm	High Jump-Class 5A Boys	Long Jump-Class 5A Girls	Triple Jump-Class 1A-I Boys
3:30 pm	High Jump-Class 5A Girls Pole Vault-Class 1A-I Girls	Long Jump-Class 1A-I Boys	Triple Jump-Class 1A-I Girls
6:30pm	Pole Vault-Class 1A-I Boys		

Friday, 5/9/2025 – Session II Qualifying Heats for Running Events and 4x800 Meter Relay Finals 1600 Meter Run Finals.
The running order in all races will be 1A Girls, followed by 1A Boys, followed by 5A Girls, followed by 5A Boys except for hurdle events.

4:30 pm	100 Meter Hurdles (Girls only)
4:50 pm	110 Meter Hurdles (Boys only)
5:10 pm	100 Meter Dash Prelims
5:40 pm	4 x 800 Meter Relay
6:40 pm	4x100 Meter Relay Prelims
7:10 pm	400 Meter Dash Prelims
7:40 pm	300 Meter Hurdles Prelims
8:10 pm	200 Meter Dash Prelims
8:40 pm	1600 Meter Run Final

Saturday, 5/10/2025 – Session III - Finals for Running Events

The running order in all races will be 1A Girls, followed by 1A Boys, followed by 5A Girls, followed by 5A Boys except for hurdle events.

12:00 pm	100 Meter Hurdles (Girls only)
12:20 pm	110 Meter Hurdles (Boys only)
12:40 pm	100 Meter Dash
1:00 pm	4x200 Meter Relay
1:50 pm	800 Meter Run
2:40 pm	4x100 Meter Relay
3:00 pm	400 Meter Run
3:30 pm	300 Meter Hurdles
4:00 pm	200 Meter Dash
4:50 pm	3200 Meter Run
6:00 pm	4x400 Meter Relay

6:30 pm Presentation of Trophies

2025 STATE MEET VERTICAL OPENING HEIGHTS/PROGRESSIONS

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

GIRLS POLE VAULT- 7'- 8'- 9'- 9'6"- 10'0"...

BOYS HIGH JUMP- 5'8"- 6'- 6'2"- 6'4"...

GIRLS HIGH JUMP- 4'6"- 4'10"- 5'- 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.