

4A / 5A 2024 STATE TRACK SCHEDULE OF EVENTS

FRIDAY

8:45 am Coaches Meeting

	Shot Put	Discus	High Jump	Pole Vault	Long Jump	Triple Jump
10:00 am	4AB	5AB	5AG	4AB	4AG	5AG
11:00 pm						
12:00 pm	5AG	4AG	4AB	5AG	4AB	5AB

2:30 pm Line up Parade of Athletes

3:00 pm Parade of Athletes/State Academic Champions

Friday Running Events

9:30 am	3200 Meters	4A Girls/Boys; 5A Girls/Boys
4:00 pm	100 / 110 Meter Hurdles Prelims	4A/5A Girls; 4A/5A Boys
	400 Meter Prelims	4A Girls/Boys; 5A Girls/Boys
	100 Meter Prelims	4A Girls/Boys; 5A Girls/Boys

20 Minute Break

300 Meter Hurdles Prelims	4A/5A Girls; 4A/5A Boys
200 Meter Prelims	4A Girls/Boys; 5A Girls/Boys
4x800/Medley Relay FINALS	4A Girls/Boys; 5A Girls/Boys

SATURDAY

	Shot Put	Discus	High Jump	Pole Vault	Long Jump	Triple Jump
9:00 am	5AB	4AB	4AG	5AB	5AG	4AG
11:00 am	4AG	5AG	5AB	4AG	5AB	4AB

Saturday Finals

1:00 pm	4 X 200 Meter Relay	4A Girls/Boys; 5A Girls/Boys
	1600 Meters	4A Girls/Boys; 5A Girls/Boys
	100 / 110 Meter Hurdles	4A/5A Girls; 4A/5A Boys
	400 Meters	4A Girls/Boys; 5A Girls/Boys

10 Minute Break

100 Meters	4A Girls/Boys; 5A Girls/Boys
800 Meters	4A Girls/Boys; 5A Girls/Boys
4 X 100 Meter Relay	4A Girls/Boys; 5A Girls/Boys
300 Meter Hurdles	4A/5A Girls; 4A/5A Boys
200 Meters	4A Girls/Boys; 5A Girls/Boys

10 Minute Break

4 X 400 Meter Relay	4A Girls/Boys; 5A Girls/Boys
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