

# 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
<b>10:00 am</b>	4AG	5AG	5AB	4AB	4AG	5AG
<b>11:00 pm</b>						
<b>12:00 pm</b>	4AB	5AB	5AG	4AG	4AB	5AB

**2:30 pm** Line up Parade of Athletes

**3:00 pm** Parade of Athletes/State Academic Champions

### Friday Running Events

<b>9:30 am</b>	3200 Meters	4A Girls/Boys; 5A Girls/Boys
<b>4:00 pm</b>	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
<b>9:00 am</b>	5AB	4AB	4AB	5AB	5AG	4AG
<b>11:00 am</b>	5AG	4AG	4AG	5AG	5AB	4AB

### Saturday Finals

<b>1:00 pm</b>	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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