

2026 GHSA Track and Field Sectional Meet Schedule

Saturday, May 2, 2026 - Admission for all Sectional Meets will be \$10.00 for the day.

NOTE: The schedule of Running Events has been set to match, as closely as is reasonably possible, the recovery time between running events at the State Meets. Sectional meets should stay on schedule and NOT run ahead of schedule!

FIELD EVENTS: 2 flights with 4 attempts per athlete in all horizontal and throw events. Vertical events should conclude after clear 9th and 10th place finishers have been established for replacement purposes. Warm up times should precede the competition start time.

10:00 AM

High Jump (Girls)	40 Minute Warm-Up
Discus Throw (Boys)	20 Minute Flight Warm-Up
Long Jump (Girls)	20 Minute Flight Warm-Up
Pole Vault (Boys)	60 Minute Warm-Up
Shot Put (Girls)	20 Minute Flight Warm-Up
Triple Jump (Boys)	20 Minute Flight Warm-Up

12:30 PM

Discus Throw (Girls)	20 Minute Flight Warm-Up
High Jump (Boys)	40 Minute Warm-Up
Pole Vault (Girls)	60 Minute Warm-Up
Long Jump (Boys)	20 Minute Flight Warm-Up
Triple Jump (Girls)	20 Minute Flight Warm-Up
Shot Put (Boys)	20 Minute Flight Warm-Up

RUNNING EVENTS: The 4x800 Meter Relay should not start before all field events are completed. Running schedule may be adjusted, if necessary, due to field events and/or weather delays. If delayed, the time increments between running events should be maintained to ensure adequate recovery time between events.

2:30 PM	4x800 Meter Relay (1 Section; Dual Alley Start; Girls > Boys)
3:05 PM	100/110 Meter Hurdles (2 Heats; Girls > Boys)
3:25 PM	100 Meter Dash (2 Heats; Girls > Boys)
3:50 PM	4x200 Meter Relay (2 Heats; Girls > Boys)
4:10 PM	1600 Meter Run (1 Heat; Girls > Boys)
4:30 PM	4x100 Meter Relay (2 Heats; Girls > Boys)
4:50 PM	400 Meter Dash (2 Heats; Girls > Boys)
5:05 PM	300 Meter Hurdles (2 Heats; Girls > Boys)
5:35 PM	800 Meter Run (1 Section; Dual Alley Start; Girls > Boys)
5:45 PM	200 Meter Dash (2 Heats; Girls > Boys)
5:55 PM	3200 Meter Run (1 Heat; Girls > Boys)
6:35 PM	4x400 Meter Relay (2 Heats; Girls > Boys)

The Games Committee should determine vertical events' opening heights and progressions based on the strength/depth of competition and/or weather conditions.