

## **GHSA 7A REGION 4 Final Schedule**

*April 26<sup>th</sup> - Archer High School*

11:30 AM Coaches Meeting

1:00 PM Field Event Session 1

- Boys Shot Put
- Girls Discus
- Girls Triple Jump
- Boys Long Jump
- Boys High Jump
- Girls Pole Vault

3:00 PM Field Event Session 2

- Girls Shot Put
- Boys Discus
- Boys Triple Jump
- Girls Long Jump
- Girls High Jump
- Boys Pole Vault

### **Running Events**

12:45 PM Track Closed

1:00 PM 4x800m Relay

1:30 PM Track will re-open for Warm-ups

4:15 PM Track Closed

4:30 PM 100H/110H

4:45 PM 100m

5:00 PM 4x200m Relay

5:15 PM 1600m

5:30 PM 4x100m Relay

5:45 PM 400m

6:00 PM 300H

6:15 PM 800m

6:30 PM 200m

6:45 PM 3200m

7:15 PM 4x400m Relay

7:30 PM Award Ceremony

- 1600m/3200m will be 1 heat of each gender in dual-alleys
- 800m will be 2 Heats of 9 starting on the green lines with a break line, no waterfall.
- Short Sprint events will take the fastest 8 times and put them in one heat regardless and then the 2<sup>nd</sup> and 3<sup>rd</sup> heats will have 5 athletes. If any of these events have 16 or less, we can combine the two "5 person heats" and make 1 slower heat of 8 or less.
- Remember we are qualifying on TIME and not as "heat winners."