



**GHSA STATE TRACK & FIELD STATE
CHAMPIONSHIPS
2A & 4A
East Jackson High School, Commerce Georgia
May 9-10, 2025**



Warm-up Guidelines: 8:30 a.m. (60 minute warm up for pole vault) 60 minutes prior to the PV (11:30, 1:30, & 2:15) sessions. 8:50 a.m. (High Jump warm up) 40 minutes warm up prior to the start of each of the next high jump competition sessions. Warm up for flights of discus, shot put, long jump, and triple jump is 20 minutes.

Friday, 5/9/2025 – Session I - Field Events

9:30 am Discus Throw – 2A Girls (North)
 High Jump – 2A Boys (Field House), 4A Girls (Scoreboard)
 Long Jump – 2A Boys (Pit 1), 4A Boys (Pit 2)
 Pole Vault – 2A Girls (Outside of Track)
 Shot Put – 4A Boys (Ring 2) , 4A Girls (Ring 1)
 Triple Jump-2A Girls (Pit 3) (Outside of Track)

– Session II-Field Events

11:30 am Discus Throw-4A Boys (South)
 High Jump –2A Girls(Scoreboard)
 Long Jump –2A Girls(Infield) , 4A Girls (Infield)
 Shot Put – 2A Girls (Ring 1), 2A Boys (Ring 2)
 Triple Jump – 2A Boys (Pit 3)
 Pole Vault-2A Boys (Infield)

– Session III-Field Events

1:30 pm High Jump-4A Boys (Field House)
 Triple Jump-4A Boys (Infield) 4A Girls (Infield)
 Discus-4A Girls (North), 2A Boys (South)
 Pole Vault-4A Girls (Outside of Track)

– Session IV-Field Events

2:15 pm Pole Vault-4A Boys (Infield)

Friday, 5/9/2025 – Session II

Qualifying Heats for Running Events and 4 x 800m Relay Finals, 1600 Meter Run Finals

The running order in all races will be 2 A Girls, followed by 2 A Boys, followed by 4A Girls, followed by 4A Boys with the exception of hurdle events.

4:30 pm	100 Meter Hurdles Prelims (Girls only)
4:50 pm	110 Meter Hurdles Prelims (Boys only)
5:10 pm	100 Meter Dash Prelims
5:40 pm	4x800 Meter Relay Finals
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 Finals

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

The running order in all races will be 2 A Girls, followed by 2 A Boys, followed by 4A Girls, followed by 4A Boys with the exception of 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 (Sections-Against Time)
1:50 pm	800 Meter Run (One Heat Finals, Dual-Alley Start)
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 (Sections-Against Time)

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.