

2024 GISA STATE TRACK MEET

April 25-27





Schedule and Order of Events

Thursday, April 25, 2024

| 10:15 | Scratch Meeting | 12:45 | 400 Meter Dash |
|-------|----------------------------|-------|-------------------|
| 10:45 | First Call 400 Meter Relay | 1:20 | 300 Meter Hurdles |
| 11:00 | 400 Meter Relay | 1:50 | 800 Meter Run |
| 11:40 | 100 Meter Hurdles | 2:10 | 200 Meter Dash |
| 12:00 | 110 Meter Hurdles | 2:30 | Break |
| 12:20 | 100 Meter Dash | 2:45 | 1600 Meter Relay |

Friday, April 26, 2024

10:45 First Call 1600 Meter Run Finals

10:45 First Call Implement and Pole Vault Weigh-in

11:00 1600 Meter Run Finals

11:30 Scratch Meeting

11:45 First Call Field Events

12:00 Field Events (See Schedule Below)

| Time | Shot | Discus | Long Jump | Triple Jump | High Jump | Pole Vault |
|-------|-----------|-----------|-----------|-------------|-----------|------------|
| 12:00 | AAA Boys | AAA Girls | AA Girls | AA Boys | AAA Boys | AAA Girls |
| 1:15 | AA Boys | AA Girls | AAA Girls | AAA Boys | AA Boys | AAA Boys |
| 2:30 | AAA Girls | AAA Boys | AA Boys | AA Girls | AAA Girls | AA Girls |
| 3:45 | AA Girls | AA Boys | AAA Boys | AAA Girls | AA Girls | AA Boys |

5:00 4 x 800 Meter Relay Finals

Saturday, April 27, 2024

| 10:15 | First Call 3200 Meter Run | 1:30 | Break |
|-------|----------------------------|------|-------------------|
| 10:30 | 3200 Meter Run | 1:50 | 400 Meter Dash |
| 12:00 | Scratch Meeting | 2:10 | 300 Meter Hurdles |
| 12:15 | First Call 400 Meter Relay | 2:30 | 800 Meter Run |
| 12:30 | 400 Meter Relay | 2:45 | 200 Meter Dash |
| 12:45 | 100 Meter Hurdles | 3:00 | Break |
| 1:00 | 110 Meter Hurdles | 3:15 | 1600 Meter Relay |
| 1:15 | 100 Meter Dash | | Awards |
| | | | |

30 minutes will be allowed as recovery time between the 100 Meter Dash and 400 Meter Dash, and 200 Meter Dash and 1600 Meter Relay. The 30 minutes is from the finish of the same class and gender, until the start of the same class and gender.

Please Note:

All times are approximations (other than starting times for the day), and since this is a continuously updated and changing format, we ask your continued cooperation and patience. Please be present and ready to check in, when 1st call for your event is given (approximately 15 minutes prior to scheduled time), and be patient if your event is not held at or near the scheduled time.