

2024 3A South & 4A North Regional CHAMPIONSHIPS ORDER OF EVENTS

Day One- **Thursday, May 16th, 2024**

Time	Track Events	Time	Field Events
2:30	Coaches Meeting/Officials Meeting	Location: Start/Finish Line	
3:00	4 x 800 Meter Relay <u>Order for all events track events:</u> 3AS Girls 4AN Girls 3AS Boys 4AN Boys	3:00	4AN Boys Long Jump 3AS Girls Triple Jump 3AS Boys Shot Put 4AN Girls Discus 3AS Boys High Jump 3AS Girls Pole Vault
3:50	100 Meter Dash Semi-Finals		
4:25	100 Meter High Hurdles/110 Meter High Hurdles Semi Finals		
4:55	200 Meter Dash Semi-Finals		
5:30	3200 Meter Run Finals	5:00	3AS Boys Long Jump 4AN Girls Triple Jump 4AN Boy Shot Put 3AS Girls Discus 4AN Boys High Jump 4AN Girls Pole Vault
6:55	4 x 200 Meter Relay		
7:20	Conclusion of Day 1 Events		

3A South Games Committee/ Jury of Appeals	4A North Games Committee/ Jury of Appeals
Baltimore Polytechnic Institute	Mergenthaler Voc Tech
Patterson	Dundalk
Howard	Western
Digital Harbor	Woodlawn
Centennial	Perry Hall

Opening Heights 3A South

Event	Male	Female
Pole Vault	7-3 <i>Increase by 6in</i>	5-9 <i>Increase by 6in</i>
High Jump	5-5 <i>Increase by 2in</i>	4-6 <i>Increase by 2in</i>

Opening Heights for 4A North

Event	Male	Female
Pole Vault	7-1 <i>Increase by 6in</i>	6-3 <i>Increase by 6in</i>
High Jump	5-6 <i>Increase by 2in</i>	4-5 <i>Increase by 2in</i>

2024 3A South & 4A North Regional CHAMPIONSHIPS ORDER OF EVENTS

Day TWO- Friday, May 17th, 2024

Time	Track Events	Time	Field Events
2:30	Coaches Meeting/Officials Meeting	Location:	Start/Finish Line
3:00	100/110 Hurdle Finals <u>Order for all events track events:</u> 3AS Girls 4AN Girls 3AS Boys 4AN Boys	3:00	4AN Girls Long Jump 3AN Boys Triple Jump 3AS Girls Shot Put 4AS Boys Discus 3AS Girls High Jump 3AS Boys Pole Vault
3:15	100 Meter Dash Finals		
3:30	1600 Meter Run Finals		
4:50	400 Meter Dash Finals	5:00	3AS Girls Long Jump 4AN Boys Triple Jump 4AN Girls Shot Put 4AN Girls High Jump 3AS Boys Discus 4AN Boys Pole Vault
5:40	300 Meter Hurdles Finals		
6:15	200 Meter Dash Finals		
6:25	800 Meter Run Finals		
7:10	400 Meter Relay Finals		
7:40	1600 Meter Relay Finals		
8:30	Awards Presentation and Team Awards will be ready *** Coaches must pick up Team Awards prior to departure. Ribbons will not be brought to the state championships.		

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Opening Heights 3A South

Event	Male	Female
Pole Vault	7-3 <i>Increase by 6in</i>	5-9 <i>Increase by 6in</i>
High Jump	5-5 <i>Increase by 2in</i>	4-6 <i>Increase by 2in</i>

Opening Heights for 4A North

Event	Male	Female
Pole Vault	7-1 <i>Increase by 6in</i>	6-3 <i>Increase by 6in</i>
High Jump	5-6 <i>Increase by 2in</i>	4-5 <i>Increase by 2in</i>