

Horry County Track and Field Championship  
Hosted by Carolina Forest High School  
Wednesday, April 24th, 2024

Schedule of Events

12:15- Coaches Meeting

12:30- Opening Ceremony

1:00- 100m Boys followed by Girls Prelims

**Field Events: Girls:** Javelin & Discus **Boys:** Shot

1:30- 110 Hurdles Boys Prelims

1:50- 100 Hurdles Girls Prelims

**All Preliminaries** First place finisher in each heat plus the next best times advance to Finals.

2:00- **Field Events** Girls: Pole Vault, Long Jump, Discus, Javelin

Boys: High Jump, Triple Jump, Shot Put

3:00- 4x800 Girls followed by Boys (One Heat each – Waterfall start)

3:30- 100 Hurdles – Girls Final

3:40- 110 Hurdles – Boys Final

3:50- 100 Final – Girls followed by Boys

4:00- 1600m – Girls followed by Boys (1 section each)

4:00- **Field Events** **Girls:** High Jump, Triple Jump, Shot Put

**Boys:** Pole Vault, Long Jump, Discus, Javelin

4:20- 4x100m – Girls followed by Boys

4:35- 400m - Girls followed by Boys

5:05- 400 Hurdles – Girls followed by Boys

5:35- 800m – Girls followed by Boys (2 sections each)

6:00- 200m – Girls followed by Boys

6:30- 3200m – Girls followed by Boys (1 section each)

7:00- 4x400 – Girls followed by Boys

7:30- Presentation of Awards

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**General Meet Information:**

Field Events

- Each athlete will be given four attempts in the following events- Shot Put, Discus, Long Jump, Triple Jump and Javelin.
- In High Jump and Pole Vault there are only 3 attempts. The bar CANNOT be lowered.
- Use of video is allowed but remember that all jumps are timed. 2 minutes to start jump if jump is not completed within time limit it will count as an attempt.
- Athletes will be permitted to checkout of an event, must RETURN within 5 minutes after the completion of their track event or after their attempt at another field event.
- High Jump opening height will be 4' 2" for girls and 5' 2" for Boys
- Pole Vault opening height will be 6' 6" for girls and 8' 0" for boys Track Events

Running Events

- Meet will be seeded according to times submitted; slowest seed heats will be run first.
- If preliminaries are run, the order will be Boys then Girls, so hurdles only must be moved once.
- Day of meet scratches will be accepted, but no substitutions except for relays.
- If an athlete participates in more than four events, that athlete will be disqualified for ALL their events.
- Relay cards will be filled out for each relay.
- Please check in at least 30 minutes before each track event.
- Depending on the number of athletes in a distance event (800m and up) a second waterfall start starting in lane 5 will be used for the slower seed runners, stay in lanes 5 -8 until the athletes reach the break line.
- ¼ pyramid spikes only will be allowed (no needle spikes)
- Three turn staggers will be used for the 4 x 400m relay.