



Horry County Schools Track & Field Championship

Hosted by Socastee High School

Wednesday, April 22, 2026

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 must checkout to compete in a running event while participating in a field event. They will have 10 minutes after the conclusion of their running event or after their attempt at another field event to check back into the field event. If the event is a vertical jump, the event will continue as if the athlete passed each attempt. The bar will continue to move up and will not be allowed to move back down upon their return.
- 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

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.
- 1/4 pyramid spikes only will be allowed (no needle spikes)
- Three turn staggers will be used for the 4 x 400m relay.

Event Judges

<u>Event</u>	<u>School</u>
High Jump	Myrtle Beach
Triple Jump	Socastee
Shot Put	Carolina Forest
Pole Vault	Saint James
Long Jump	Conway
Discus	Aynor
Javelin	North Myrtle Beach
Hurdles and Exchange Zones	Loris/Green Sea

Vertical Jumps Progression

Girls High Jump
1.20m
1.25m
1.30m
1.35m
1.40m
1.45m
1.50m
1.55m
1.60m
1.65m
1.70m
1.75m

Boys High Jump
1.50m
1.55m
1.60m
1.65m
1.70m
1.75m
1.80m
1.85m
1.90m
1.95m
2.00m
2.05m
2.10m

Girls Pole Vault
1.85m
2.00m
2.15m
2.30m
2.45m
2.60m
2.75m
2.90m
3.05m
3.20m
3.35m
3.50m
3.65m
3.80m
3.95m
4.10m

Boys Pole Vault
2.15m
2.30m
2.45m
2.60m
2.75m
2.90m
3.05m
3.20m
3.35m
3.50m
3.65m
3.80m
3.95m
4.10m
4.25m
4.40m
4.55m
4.70m
4.85m