

GHSA 4A Sectional B Regions 5, 6, 7 and 8

North Oconee High School

Friday May 1st, 2026	Field Events ONLY
4:00 PM Field Events Round 1	6:30 PM Field Events Round 2
Girls High Jump (40 min warm up)	Boys High Jump (40 min warm up)
Boys Discus (20 min warm up per flight)	Girls Discus (20 min warm up per flight)
Girls Shot Put (20 min warm up per flight)	Boys Shot Put (20 min warm up per flight)
Boys Pole Vault (60 min warm up)	Girls Pole Vault (60 min warm up)
Girls Long Jump (20 min warm up per flight)	Boys Long Jump (20 min warm up per flight)
Boys Triple Jump (20 min warm up per flight)	Girls Triple Jump (20 min warm up per flight)

SATURDAY MAY 2ND 2026

Check In closes 30 minutes prior to event start time, athletes not checked in at that time will be scratched

2:30 PM - 4x800 Meter Relay (1 heat Dual Alley Start, Girls>Boys)

3:05 PM - 100/110 Meter Hurdles (2 heats, Girls>Boys)

3:25 PM- 100 Meter Dash (2 heats, Girls>Boys)

3:50 PM - 4x200 Meter Relay (2 heats, Girls>Boys)

4:10 PM - 1600 Meter Run (1 heat, Girls>Boys)

4:30 PM - 4x100 Meter Relay (2 heats, Girls>Boys)

4:50 PM - 400 Meter Dash (2 heats, Girls>Boys)

5:05 PM - 300 Meter Hurdles (2 heats, Girls>Boys)

5:35 PM - 800 Meter Run (1 heat Dual Alley Start, Girls>Boys)

5:45 PM - 200 Meter Dash (2 heats, Girls>Boys)

5:55 PM - 3200 Meter Run (1 heat, Girls>Boys)

6:35 PM - 4x400 Meter Relay (2 heats, Girls>Boys)