2022 AAA Upper State Championship

Seneca High School
May 14, 2022

Qualifying:

- *The top 4 performances from each **region** automatically qualify to the **Upper State Meet**, plus up to the next 8 best performances from across regions 1-4.*
- *The top 4 places at the **Upper State Meet** automatically qualify for the **state championship**, plus up to the next 8 best performances across the upper and lower state meets.*

Running Events			**Field Events**		
10:30 am- Coaches Meeting at the Finish Line					
11:00	4x100 Relay	G then B	10:45	Long Jump	B
11:25	4x800 Relay	G then B		Triple Jump	G
12:35	High Hurdle Finals	G then B		Discus	G
12:50	100 m Finals	G then B		Shot Put	B
1:00	1600 m Finals	G then B		Pole Vault	B
1:25	400 m Finals	G then B		High Jump	G
1:45	400 H Finals	G then B	11:30	Javelin	B
2:05	800 m Finals	G then B	12:45	Long Jump	G
2:20	200 m Finals	G then B		Triple Jump	B
2:30	3200 m Finals	G then B		Discus	B
2:55	4x400 Relay Finals	G then B		Shot Put	G
				Pole Vault	G
				High Jump	B
			1:30	Javelin	G

100m, 200m, 400m, High Hurdles, 400 Hurdles, 4x100 Relay, 4x400 Relay
All LANED races will be run in 3 heats of 8, slow to fast. All entries will be seeded by performance from the region meets. All races will take place as sections versus time.

800m, 1600m, 4x800 Relay
All NON-LANED races will be run in 2 heats of 12, slow to fast, seeded based on region performance. The race will be started using a 1-turn stagger.

3200 m
The 3200 will be run in 1 heat using a double alley start, seeded based on region performance

Horizontal Jumps and Throws
Horizontal jumps and throws will be conducted in 2 flights of 12 athletes each, seeded worst to best based on region performance. Athletes will take 3 attempts, and the top 9 reseeded in reverse order will take 3 more attempts.

High Jump and Pole Vault
Starting heights will be the lowest qualifying height with minimum starting heights of 4'0"/5'6" in the High Jump and 7'0/9'0 in the Pole Vault.

A Team Upper State Champion will be declared at the end of the meet.

Scoring for this meet will be 10-8-6-5-4-3-2-1