

2022 5A Lower State Track and Field Championships

Hosted by Wando High School

Saturday, May 14, 2022

Qualifying Procedure Region to Lower State

The Top 4 performances from each region automatically qualify for the **Lower State Championships**, plus the next 8 best performances from region 5-8 will also qualify. Max per event at Lower State is 24 athletes/relays.

Qualifying Procedure Lower State to State

The Top 4 performances from Lower State will qualify automatically for the **State Championships**, plus the next 8 best performances from Upper/Lower State will also qualify. Max per event at State is 16 athletes/relays.

Lower State Time Schedule

Coaches Meeting 9:30am-Timing Tent

Running Event Schedule

All running events are G then B

11:00am	4x100 Relay
11:25am	4x800 Relay
12:35pm	High Hurdles
12:50pm	100m Dash
1:00pm	1600m Run
1:25pm	400m Dash
1:45pm	400m Hurdles
2:05pm	800m Run
2:20pm	200m Dash
2:30pm	3200m Run
2:55pm	4x400 Relay

Field Event Schedule

10:00am	Girls Pole Vault
	Girls Long Jump
	Girls Shot Put
	Girls Javelin
	Boys High Jump
	Boys Long Jump
	Boys Discus
12:00pm	Girls High Jump
	Girls Triple Jump
	Girls Discus
	Boys Pole Vault
	Boys Triple Jump
	Boys Shot Put
	Boys Javelin

Seeding for All Events

100m, 200m, 400m 100/110H, 400H, 4x100 Relay and 4x400 Relay

All laned events will be seeded in 3 heats of 8, slowest to fastest. Seeding will be based on performances from the region meets. All races will be sections by time.

800m, 1600, 4x800 Relay

These races will be seeded in 2 heats of 12, slowest to fastest. Seeding will be based on performances from the region meets. All races will be sections by time.

These races will use a 1-turn stagger start.

3200m

This race will be seeded in 1 heat using a double alley start. Seeding will be based on performance from the region meets.

Horizontal Jumps and Throws

These events will be seeded in 2 flights of 12 athletes, worst to best. Seeding will be based on performances from the region meets. Each athlete will get 3 attempts, then the Top 9 will get 3 additional attempts and will be re-seeded in reserve order.

Vertical Jumps

These events will be seeded in 1 flight of 24 athletes, worst to best. Seeding will be based on performances from the region meets. Opening Height for High Jump will be 2 inches lower than lowest qualifying height or no lower than G 4-0/B 5-6.

Opening Height for Pole Vault will be 6 inches lower than the lowest qualifying height or no lower than G 7-0/B 9-0.

Region Responsibilities

Pole Vault	Region 7
High Jump	Region 6
Girls Long/Triple	Region 8
Boys Long/Triple	Region 8
Shot Put	Region 5
Discus	Region 5
Javelin	Region 6
Relay Zones/Hurdles	Region 7

Jury of Appeals(Region Hosts)

Region 5	Tanner Graham	Lexington
Region 6	Jesse Patrick	Carolina Forest
Region 7	Greg Hall	Cane Bay
Region 8	Doug O'Donald	West Ashley