

2026 MHSAA 2-3A & 2-4A Regional Championship

April 16, 2026

Winona, MS

Coaches Meeting

11:00

Weigh in for Shot and Discus

10:30-11:30

Field Events

11:30	12:00	12:30	1:00
3A Boys Shot Put	4A Boys Shot Put	3A Girls Shot Put	4A Girls Shot Put
3A Girls Discus	4A Girls Discus	3A Boys Discus	4A Boys Discus
3A Girls Long Jump	4A Girls Long Jump	3A Girls Triple Jump	4A Girls Triple Jump
3A Boys Long Jump	4A Boys Long Jump	3A Boys Triple Jump	4A Boys Triple Jump
4A Boys High Jump	3A Boys High Jump	4A Girls High Jump	3A Girls High Jump
3A Girls Pole Vault	4A Girls Pole Vault	3A Boys Pole Vault	4A Boys Pole Vault

10:30 **4x800M Relay – 3A Girls, 4A Girls, 3A Boys, 4A Boys**

3200M Run - 3A Boys, 4A Boys

Running Events Finals (Rolling Time Schedule beginning near the completion of field events). There will be two calls per event.

All races will be run in the following order: 3A Girls, 4A Girls, 3A Boys, 4A Boys.

1:00 **Girls 100-hurdles**
Boys 110-hurdles
Girls 100-meter dash
Boys 100-meter dash
Girls 4x200-relay
Boys 4x200-relay
Girls 1600-meter run
Boys 1600-meter run
Girls 4x100-relay
Boys 4x100-relay
Girls 400-meter dash
Boys 400-meter dash
Girls 300-meter hurdles
Boys 300-meter hurdles
Girls 800-meter run
Boys 800-meter run
Girls 200-meter dash
Boys 200-meter dash
Girls 3200-meter run
Girls 4x400-relay
Boys 4x400-relay

Scoring: Individual – 10-8-6-4-2-1 Relay 10-8-6-4-2

COACHES INFORMATION SHEET

- Each team may enter three (3) participants in each individual event and one team in each relay.
- Athletes may participate in a maximum of four (4) events including relays.
- Meet Admission: \$7.00
- Scoring: The number of teams entered in each region will determine scoring for that region.
- The No False Start Rule will be in effect.
- The top four (4) from each event will qualify for the Super Regional Meet!!!
- An automatic timing device will be used in all races.

Results will be posted on the Baseball Field House throughout the day.

Event Assignments

Girls Long & Triple Jump – Yazoo Co & Ripley

Boys Long & Triple Jump – Aberdeen & Senatobia

Pole Vault – Winona

High Jump – Greenwood & Ripley

Shot Put – Kosciusko & Ruleville

Discus – OBannon & Clarksdale

4x200 M Relay Judges – Winona, Choctaw Co & Louisville

4x100 M Relay Judges – Aberdeen, Yazoo Co, Ripley & Clarksdale

Appeals Committee – Choctaw Co, Yazoo Co, Senatobia & Louisville

Meet Manager – Veronica Helms

Announcer – Norma Biggers

Starter – Coach Ziegler

Clerk – Coach Horn

Timers – Coach Hughes/Coach Sykes