



**SOUTH CAROLINA HIGH SCHOOL LEAGUE**

**2026 Class A Lower State Track Qualifier  
May 9th**

**Allendale-Fairfax  
Bamberg-Ehrhardt  
Baptist Hill  
Bethune-Bowman  
Branchville  
Carvers Bay  
Charleston Charter M&S  
Cross  
Denmark-Olar  
Green Sea Floyds  
Hannah Pamplico  
Hardeeville  
Hemingway  
Johnsonville  
Lake View  
Latta  
Lowcountry Leadership  
Military Magnet  
Palmetto Scholars  
Polaris Tech  
Ridgeland  
Royal Live Oaks  
Scotts Branch  
St. John's**

**Class A Lower State May 9<sup>th</sup>, 2026**

**Schedule for Saturday May 9<sup>th</sup>, 2026 (Rolling Schedules)**

- 10:00 AM Packet Pickup at Scoring Tower
- 10:20 AM Officials Meeting (Region Directors) and Check in for ALL Field Events starting at 11:00
- 10:30 AM Coaches Meeting with all head coaches
- 11:30 AM Check in for ALL Track Events

**Field Events**

- 11:00 AM High School Girls Long Jump
- High School Girls Javelin
- High School Girls Pole Vault
- High School Boys Long Jump
- High School Boys Discus
- High School Boys High Jump

Followed by

- High School Girls Triple Jump
- High School Girls Discus
- High School Girls High Jump
- High School Boys Triple Jump
- High School Boys Javelin
- High School Boys Pole Vault

Followed by

- High School Girls Shot Put
- High School Boys Shot Put

**Running Events - Events will be on a rolling schedule after the start**

- 12:30 PM High School Girls 4x100 Meter Relay
- High School Boys 4x100 Meter Relay
- High School Girls 4x800 Meter Relay
- High School Boys 4x800 Meter Relay
- High School Girls 100 Meter Hurdles
- High School Boys 110 Meter Hurdles
- High School Girls 100 Meter Dash
- High School Boys 100 Meter Dash
- High School Girls 1600 Meter Run
- High School Boys 1600 Meter Run
- High School Girls 400 Meter Dash
- High School Boys 400 Meter Dash
- High School Girls 400 Meter Hurdles
- High School Boys 400 Meter Hurdles
- High School Girls 800 Meter Run
- High School Boys 800 Meter Run
- High School Girls 200 Meter Dash
- High School Boys 200 Meter Dash
- High School Girls 3200 Meter Run
- High School Boys 3200 Meter Run
- High School Girls 4 x 400 Meter Relay
- High School Boys 4 x 400 Meter Relay

NOTE: THE ORDER OF RUNNING EVENTS WILL FOLLOW AS EACH EVENT IS COMPLETED.

\*Advancement: The Top 4 performances from Upper/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.

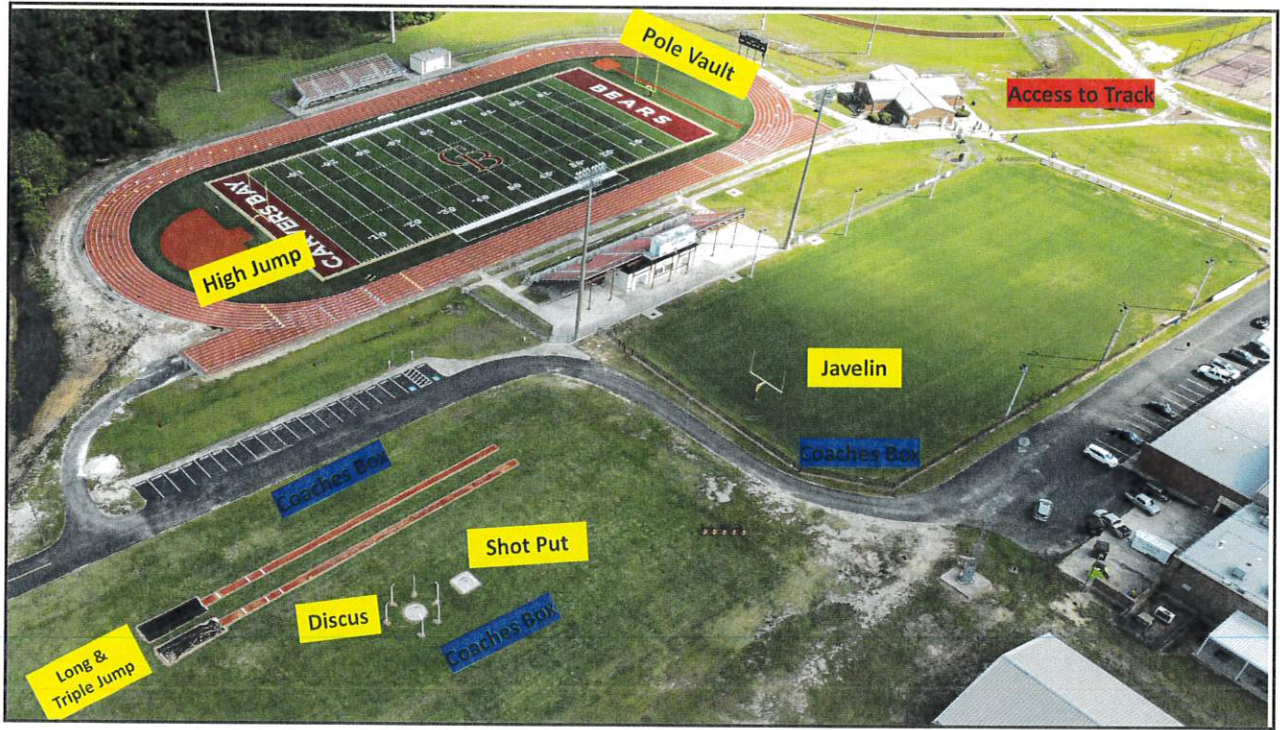
\*The javelin, discus, shot put, long jump and triple jump areas are located outside the football stadium. Athletes participating in these events must be in uniform to reenter the gate at the stadium. Please make sure all your athletes know that they need to be in uniform at all times to enter the gate at the stadium.

\*Seeding: Events will be seeded based on Times/Marks from the Region Meets ONLY. For Laned Events the top 8 seeds will compete in the 2<sup>nd</sup> heat.

\*Parking: All Spectators will park in the athletic parking lot. Busses will drop off at the front of the facility and park in front of the High School in the faculty parking.



- Teams will be allowed to set up in the following designated areas:
- On the left side of the **HOME** side bleachers (when standing in front)
- Top of the bleachers on the **HOME** side but not in front of the press box.
- On the **VISITORS** side: in the bleachers and along the fence.



## SCHSL 1A Lower State Meet

### General information

May 9, 2026

Host: Carvers Bay Early College and Career High School

Location: 13002 Choppee Road, Hemingway South Carolina 29554

**ADMISSION FOR THE A LOWER STATE IS \$5.00. CASH ONLY**

Concessions, food vendors will be available.

Equipment: The wearing of spikes longer than 1/4" will result in disqualification from that event. Starting blocks will be provided. (please bring your own poles)

Rules: All National Federation rules will be strictly enforced. A contestant shall not compete in more than four events. Rules concerning uniforms will be enforced.

Warm-ups will take place on the inside of the flagged area, on the field. The infield area, near the start line, will be limited to the present and next heat on the track.

Check-in/ clerk will be at the Carvers Bay tent.

All results will be handled **live** on [sc.milessplit.com](http://sc.milessplit.com) and [ptgrouponline.com](http://ptgrouponline.com)

## Participation and Entry Limitations

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Article 2: A contestant shall not be entered in more than four events, excluding relays. If a contestant is entered in more than the allowable number of events, meet management shall scratch the contestant from the excess event(s) by following the listed order of events.

Contestant may officially enter:	
<b>Four individual events</b>	No relays allowed.
<b>Three individual events</b>	May be listed on any number of relays but compete in only one relay.
<b>Two individual events</b>	May be listed on any number of relays but compete in only two relays.
<b>One individual event</b>	May be listed on any number of relays but participate in only three relays.

**PENALTY:** A competitor who participates in more events than allowed by rule shall forfeit all individual places and points and shall be disqualified from further competition in that meet. In a relay event, the team's relay points, and place(s) shall also be forfeited.

### UPPER / LOWER MEET REGULATIONS

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1. Each region track director will report all contestants in the Upper/Lower or Qualifier meet to the track directors within 24 hours of the region meet. No changes will be allowed by any school after the list has been received.
2. The Qualifying Meet Directors will secure competent officials. Meets must have a referee, exchange zone judges, and turn judges. The decision of the judges will be final. No protest will be allowed unless a violation of track or eligibility rules occurs.
3. An admission of \$5.00 will be charged for Qualifying State Meets. The meet director must submit a financial statement to the League Office.

#### 4. Upper/Lower State Qualifier (A):

Throws/Horizontal Jumps:

- There will be one flight of 12-16 athletes in each event. They will be seeded by performance from the regional meet, from worst to best.
- Each competitor will take 4 attempts.
- The top 4 performances from each site will qualify for the state championship.

- All ties for the fourth qualifying positions will be broken according to the National Federation Rule Book.
- The Meet Director will share details regarding the weighing or selection of throwing implements.

#### Vertical Jumps:

- The vertical jumps will be contested as normal; the top 4 athletes in each event will qualify for the state championship if they meet the minimum requirement.

#### *Minimum Requirements:*

*Girls High Jump- 1.25m*

*Boys High Jump- 1.65m*

*Girls Pole Vault- 2.10m*

*Boys Pole Vault- 2.75m*

- All ties for 4th place must be broken according to NFHS rules.

#### **Running Events:**

- In laned races, athletes will be seeded into two sections based on region meet performance from slow to fast.
- The top 4 performances per district will advance to the state championship.
- In non-laned races, athletes will be seeded into 1 section of 12-16 athletes.
- The top 4 will qualify for the state championship if they meet the required time standard (*16:00 for girls, 14:30 for boys*).

5. All non-laned running events will be started with a 1-turn stagger.

6. Contestants must be ready at the scheduled time of their events. If not, the Meet Director will scratch them.

7. The Upper, Lower and Qualifying Meet Directors will report their qualifiers directly to the League Office. **FIRST AND LAST NAMES AND GRADE LEVELS** will be used in reporting all qualifiers. Email to [curtrell@schsl.org](mailto:curtrell@schsl.org) (no later than 9:00 am Sunday after your qualifying meet). Please call Curtrell Rhodan at 803-542-1147 if you are having any problems and cannot report on time.

## 2026 Vertical Jump Progression

Girls High Jump
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
1.65m
1.70m
1.75m
1.80m
1.85m
1.90m
1.95m
2.00m
2.05m
2.10m

Girls 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

Boys Pole Vault
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



**South Carolina High School League**

PO Box 211575  
Columbia, SC 29221-6575  
803-798-0120  
[www.schsl.org](http://www.schsl.org)

Head Coach,

This form applies to the Track & Field State Series. (Region, Upper/Lower, Districts Qualifiers & Finals)

Please read the following carefully, sign in the space provided and return to the referee immediately.

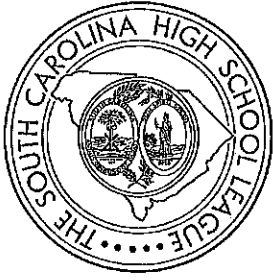
**Track & Field Coach Certification Statement**

As the Head Coach, I have discussed the following or will discuss the following with all members of my team.

1. Soft, single-color elastic hair control items (excluding hats) may be worn and must be non-abrasive. This includes headbands with a single manufacturer's logo. Bobby pins, barrettes, and hair clips no longer than 2 inches are permitted to control a competitor's hair.
2. Only prescription eyewear is permitted for contestants during the competition.
3. No electronic devices (e.g., cell phones, AirPods, headphones, microphones etc.) may be used by contestants in the competition area.
4. All team members will wear school-issued uniforms of the same color. Relay teams will report in matching uniforms with the same predominant color.
5. Athletes have been informed of all restricted and off-limit areas.
6. Athletes have been instructed on the rules and penalties for unsportsmanlike conduct and will demonstrate respect toward all officials and competitors.
7. Athletes understand that they must check out to compete in a running event while participating in a field event. They will have 10 minutes after the conclusion of the running event to check back into the field event.
  - o For vertical jumps, the event will continue in their absence as if passes were taken. The bar will continue to rise and will not be lowered upon their return.
8. Athletes understand they must have competed in at least two regular-season track meets prior to entering region qualifying for the state meet.
9. For pole vault participants, I certify that each vaulter's weight is at or below the manufacturer's weight rating for the pole being used.
10. I will inform the meet director (prior to participation) of any athletes requiring special considerations (e.g., prescription sunglasses, medical bracelets, etc.).

**Print (Head Coach Name)** \_\_\_\_\_ **Signed(Head Coach)** \_\_\_\_\_ **Date** \_\_\_\_\_  
School Name \_\_\_\_\_ Check which team \_ boys or \_girls

\*\*\*\*\*This must be returned to the referee before your athletes will be allowed to compete.\*\*\*\*\*



# Class A Conference

## 2025-2026

To: Lower State A Schools

From: Fidiqua Morant

Date: May 9, 2026

Re: **INVOICE for entry fee for 2026 Lower State Track Meet**

**SCHOOL NAME** \_\_\_\_\_

**Circle one: Lower State**

**Circle all that apply:      Boy's team      Girl's team**

**The entry fee for the upper-state track meet is \$75 per girls team/\$75.00 per boys team. You can bring payment to the meet.**

Make checks payable to: Carvers Bay Early College and Career High School

Mail to:  
c/o Fidiqua Morant  
CBECCHS  
13002 Choppee Road  
Hemingway, SC 29554