



Oregon School Activities Association
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2025 Track & Field State Championships Qualifying Standards

Boys

| | 6A | | 5A | | 4A | | 3A | | 2A | | 1A | |
|------------------|---|--------|---------|--------|---------|--------|--|--------|---------|--------|---------|--------|
| | Four-year average of fourth place with the standard never to be easier than previous year | | | | | | Four-year average of fourth place with the standard never to be easier than previous | | | | | |
| | FAT | | FAT | | FAT | | FAT | | FAT | | FAT | |
| 100 | 10.88 | | 11.07 | | 11.26 | | 11.38 | | 11.48 | | 11.58 | |
| 200 | 22.25 | | 22.48 | | 22.73 | | 23.02 | | 23.49 | | 23.39 | |
| 400 | 49.91 | | 50.38 | | 51.34 | | 51.91 | | 52.51 | | 52.57 | |
| 800 | 1:55.19 | | 1:56.60 | | 1:59.20 | | 2:02.06 | | 2:05.32 | | 2:02.04 | |
| 1500 | 3:55.04 | | 3:58.22 | | 4:08.32 | | 4:12.50 | | 4:18.99 | | 4:12.82 | |
| 3000 | 8:24.60 | | 8:33.60 | | 9:00.79 | | 9:14.29 | | 9:20.43 | | 9:17.75 | |
| 110 High Hurdles | 15.10 | | 15.40 | | 16.06 | | 16.32 | | 16.43 | | 16.61 | |
| 300 Int Hurdles | 39.77 | | 40.87 | | 41.43 | | 41.84 | | 42.58 | | 42.66 | |
| | English | Metric | English | Metric | English | Metric | English | Metric | English | Metric | English | Metric |
| Long Jump | 21-8 ¼ | 6.61 | 21-1 ¼ | 6.43 | 20-7 ¼ | 6.28 | 20-1 | 6.12 | 20-1 ¼ | 6.14 | 19-10 | 6.04 |
| Triple Jump | 43-5 ¾ | 13.25 | 43-6 ½ | 13.27 | 42-6 ¾ | 12.97 | 40-10 ¾ | 12.46 | 40-11 | 12.47 | 40-7 ¾ | 12.37 |
| Shot Put | 50-3 ¾ | 15.33 | 48-4 ½ | 14.74 | 48-1 ¾ | 14.67 | 44-5 ¾ | 13.54 | 43-8 ¾ | 13.31 | 44-2 ½ | 13.47 |
| Discus | 146-10 | 44.73 | 143-10 | 43.83 | 143-7 | 43.78 | 131-4 | 40.01 | 129-0 | 39.33 | 132-2 | 40.29 |
| Javelin | 178-5 | 54.36 | 169-8 | 51.71 | 164-1 | 50.00 | 159-9 | 48.70 | 157-4 | 47.95 | 156-2 | 47.61 |
| High Jump | 6-2 ½ | 1.89 | 6-1 | 1.85 | 6-1 | 1.85 | 5-11 ¾ | 1.82 | 5-11 ¾ | 1.82 | 5-10 ½ | 1.79 |
| Pole Vault | 14-4 ½ | 4.38 | 13-6 ¾ | 4.12 | 13-6 | 4.11 | 11-11 ¾ | 3.65 | 11-8 | 3.55 | 12-0 ½ | 3.67 |

(Three-year average of third place, never to be easier than the previous year)

| | | | | | | | | | | | | |
|-------------|---------|--|---------|--|---------|--|---------|--|---------|--|---------|--|
| 4x100 Relay | 42.60 | | 43.08 | | 43.92 | | 44.81 | | 45.10 | | 45.26 | |
| 4x400 Relay | 3:22.97 | | 3:27.60 | | 3:29.92 | | 3:30.87 | | 3:37.08 | | 3:35.93 | |



2025 Track & Field State Championships Qualifying Standards

Girls

| | 6A | | 5A | | 4A | | 3A | | 2A | | 1A | |
|------------------|---|--------|----------|--------|----------|--------|---|--------|----------|--------|----------|--------|
| | Four-year average of fourth place with the standard never to be easier than previous year | | | | | | Four-year average of fourth place with the standard never to be easier than previous year | | | | | |
| | FAT | | FAT | | FAT | | FAT | | FAT | | FAT | |
| 100 | 12.18 | | 12.63 | | 12.70 | | 13.00 | | 13.10 | | 13.03 | |
| 200 | 24.91 | | 26.13 | | 26.23 | | 26.76 | | 27.25 | | 27.03 | |
| 400 | 57.30 | | 59.66 | | 1:00.43 | | 1:01.24 | | 1:01.69 | | 1:02.54 | |
| 800 | 2:15.39 | | 2:20.35 | | 2:23.95 | | 2:26.39 | | 2:29.07 | | 2:31.92 | |
| 1500 | 4:32.95 | | 4:42.43 | | 4:54.78 | | 5:04.21 | | 5:06.66 | | 5:15.60 | |
| 3000 | 9:54.88 | | 10:27.48 | | 10:43.48 | | 11:13.33 | | 11:21.28 | | 11:45.08 | |
| 100 High Hurdles | 15.25 | | 15.74 | | 16.47 | | 16.80 | | 17.06 | | 17.13 | |
| 300 Int Hurdles | 45.63 | | 47.04 | | 47.86 | | 49.13 | | 49.61 | | 49.38 | |
| | English | Metric | English | Metric | English | Metric | English | Metric | English | Metric | English | Metric |
| Long Jump | 17-9 ½ | 5.42 | 16-7 | 5.05 | 16-7 | 5.05 | 15-11 | 4.85 | 15-8 ¾ | 4.79 | 15-10 | 4.83 |
| Triple Jump | 37-0 ½ | 11.29 | 34-10 ¾ | 10.63 | 34-2 | 10.41 | 33-5 ¾ | 10.19 | 33-1 | 10.08 | 32-9 | 9.98 |
| Shot Put | 37-5 ¾ | 11.42 | 36-5 ¾ | 11.10 | 35-6 ½ | 10.83 | 34-5 ½ | 10.50 | 34-7 | 10.54 | 33-5 | 10.18 |
| Discus | 127-7 | 38.88 | 116-6 | 35.49 | 111-10 | 34.08 | 109-5 | 33.34 | 107-5 | 32.72 | 101-5 | 30.93 |
| Javelin | 124-7 | 37.97 | 122-4 ¾ | 37.30 | 114-7 | 34.91 | 111-7 | 34.00 | 115-6 | 35.21 | 113-4 | 34.56 |
| High Jump | 5-4 ¾ | 1.63 | 5-0 ¾ | 1.54 | 4-11 ½ | 1.51 | 4-11 ½ | 1.51 | 4-10 ½ | 1.48 | 4-10 ½ | 1.48 |
| Pole Vault | 11-4 | 3.45 | 10-1 ¾ | 3.09 | 9-6 ¾ | 2.90 | 9-7 | 2.92 | 8-3 | 2.51 | 8-9 ¾ | 2.67 |

(Three-year average of third place, never to be easier than the previous year)

| | | | | | | | | | | | | |
|-------------|---------|--|---------|--|---------|--|---------|--|---------|--|---------|--|
| 4x100 Relay | 48.51 | | 50.30 | | 50.58 | | 51.44 | | 52.03 | | 52.73 | |
| 4x400 Relay | 3:58.51 | | 4:07.28 | | 4:09.87 | | 4:14.58 | | 4:18.82 | | 4:21.60 | |

