



OSAA / OnPoint Community Credit Union
2025 TRACK & FIELD STATE CHAMPIONSHIPS



Presented by Nike
 3A, 2A, 1A – May 29-30, 2025
 6A, 5A, 4A – May 30-31, 2025
 University of Oregon, Hayward Field, Eugene, OR 97403

ADMINISTRATIVE INFORMATION

Additional information available on the OSAA website, www.osaa.org/activities/btf

- EMERGENCY PLAN:** In the event of an emergency, natural disaster, fire, war, etc. that forces postponement or cancellation of an OSAA State Championship event, information will be posted to the home page of the OSAA website (www.osaa.org) and distributed to statewide media outlets.
- TIME SCHEDULE:** Actual time schedule for preliminary running events will be determined when the necessary number of heats is known for each event. The actual time schedule will be printed in the Souvenir Program.

3A, 2A, 1A Thursday

Gates open at 8:30am
 Track open 11am – Noon
 Field Events begin – 10am
 Running Events begin – 12:30pm

6A, 5A, 4A Friday

Gates open at 7:30am
 Track open 8am – 8:30am
 Field Events begin – 9am
 Running Events begin – 9am

3A, 2A, 1A Friday

Gates open at 7:30am
 Track open 3:30pm – 4:15pm
 Field Events begin – 2:30 pm
 Running Events begin – 4:20pm

6A, 5A, 4A Saturday

Gates open 8am
 Track open 11am – Noon
 Field Events begin – 9:30am
 Running Events begin – 12:30pm

- ADMISSION:** All persons aged 5 and older must have a ticket or pass to enter. Children aged 4 and under do not need a ticket.

No dogs allowed inside Hayward Field

- Clear Bag Policy:** The University of Oregon has a Clear Bag Policy for all athletics events. Fans may bring in one clear bag no larger than 12”x 6”x 12” or a 1-gallon plastic storage bag. Fans are limited to one clear bag per person. Small clutch bags no larger than 4.5” x 6.5” are allowed. Prohibited bags include, but are not limited to, purses, backpacks (including drawstring backpacks), diaper bags, binocular cases, camera cases, fanny packs, luggage, seat cushions with a zipper, any bag larger than the permissible size, and any bag that is not clear.
- Digital tickets may be purchased on the OSAA website, www.osaa.org/shop/tickets.
- Daily Ticket Price (INCLUDING Service Fees):**
 - ADULT: \$18
 - STUDENT: \$9 *Student is any child 5 & up through a senior in high school.*
- Doors open one hour prior to first event start time.
- Complimentary Tickets:** There are no administrative complimentary tickets in individual sports.
- Bus Drivers:** Schools are responsible for all bus driver admissions. *The OSAA does not provide passes for bus drivers.*
- Passes:** ONLY the OSAA Gold Card, OSAA VIP, OSAA Media, Track & Field Media, which will admit the bearer only with photo ID, are to be honored at any OSAA State Championship event. No school, athletic district, officials’ association, etc., passes are to be accepted.

- EXPENSES:** www.osaa.org/docs/forms/ReimbursementFormula.pdf

Team expenses will be paid by check at the conclusion of the spring sports season according to the 2024-25 Reimbursement Formula.

5. **LODGING AND VISITOR INFORMATION:** Schools are to make their own arrangements for lodging.
- A. **Headquarter Hotel – Holiday Inn Express – Eugene:** www.ihg.com/holidayinnexpress/hotels/us/en/eugene/euqor/hoteldetail
Contact Phadra Chappell at 541.342.1243 for rate information.
- B. **Headquarter Hotel – Quality Inn & Suites - Springfield:** www.qualityinn.com/hotel-springfield-oregon-OR164
Contact Eryn Organ Brown at 541.726.9266 for rate information. Remember to mention that you are an OSAA school.
- C. **Headquarter Hotel – The Maverick Hotel:** www.choicehotels.com/oregon/eugene/choice-hotels/or341?mc=llgoxxpx
541.342.6383 for rate information.
- D. **Visitor Information:** www.eugenecascadescoast.org/
Visit Eugene, Cascades & Coast online or call them at 800.547.5445 for more information about dining, shopping, lodging, and more while in Lane County.
6. **RULE 3 – CONTESTS – SPORTSMANSHIP – CROWD CONTROL** (OSAA Handbook, Rules)
7. **PARKING:** All teams and spectators are advised that parking availability surrounding the University of Oregon is restrictive. Street parking is limited to 2-hour parking zones and meters. ***Parking in campus permit lots require a University of Oregon parking permit. One day on-line visitor permits are available, first come, first serve, at the U of O parking portal located here, <https://uoregon.aimsparking.com/>.*** Unauthorized vehicles in University parking lots will be issued citations and towed. Both the City of Eugene and the University of Oregon will be strictly enforcing parking.
- A. **Team Parking:** [Team / Bus Parking Map](#)
- 1) All school buses and oversized vans should park in Lot 5A at Autzen Stadium. It is a 15-minute walk to Hayward Field using the Foot Bridge located directly next to the parking area.
 - 2) A drop off area at Hayward Field will be provided for participants at the Participant Pass Gate located at Gate 8 on Agate Street.
- B. **Spectator Parking:**
- 1) **Garage Parking –**
 - a) 13th Avenue Garage - \$2 per hour (\$18/day maximum)
 - b) Millrace Garage - \$10 per day
 - 2) **Metered Parking – 7am -6pm**
 - a) On-Campus meters: \$2/hour Visit transportation.uoregon.edu/parking for more info.
 - b) City of Eugene meters: Visit www.eugene-or.gov/778/Downtown-Commercial-Parking for more info.
 - 1) 60 minutes: \$1.20 (prorated for less than 60 minutes)
 - 2) 5 hours: \$6.00
 - 3) 10 hours: \$12.00
- C. **Shuttle Information:** [Shuttle Schedule](#)
- 1) In an effort to alleviate parking frustrations, the OSAA will be providing a shuttle between Autzen Stadium and Hayward Field for the Track and Field State Championships. **The shuttle is available to participating teams and spectators at no cost.**
 - 2) The shuttle will operate on one half hour intervals from the South Gate of Autzen Stadium to the Participant / Spectator Gate on Agate Street, which is located at the south end of Hayward Field.
 - 3) Hours of Operation: Thursday, 8am – 7:30pm Friday, 8am – 10:30pm Saturday, 8am – 6:30pm.
 - 4) To access parking closest to the South Gate of Autzen Stadium those choosing the shuttle option should use Entry 5 off Leo Harris Parkway and proceed to the south end of the Autzen Stadium Lot.

COACH / TEAM INFORMATION

Additional information available on the OSAA website, www.osaa.org/activities/btf

PRE-STATE CHAMPIONSHIPS

1. **POSTING TIMELINE:** www.osaa.org/activities/btf

- A. All entry names and marks for each event will be posted on the OSAA website, on Sunday, May 25, by 6pm.
- B. District Meet Directors **AND** coaches of qualifying individuals **are responsible for checking the accuracy of the entry information. Please check all entries for correct spelling of participant's name, year in school, school name, etc.,** as this information **will appear the same way in the souvenir program** unless corrected.

2. **CORRECTIONS ONLY:** (spelling, grade, school, marks, etc.) www.osaa.org/forms/substitution/tf

- A. **For corrections, AD's, Coaches, and District Meet Directors will use the OSAA Substitution/Change Form.**

CORRECTIONS MADE AFTER 8am ON MONDAY, MAY 26 WILL NOT APPEAR IN THE SOUVENIR PROGRAM.

3. **STATE CHAMPIONSHIPS – INDIVIDUAL SPORT SUBSTITUTIONS** (OSAA Handbook, Executive Board Policies) (Revised Winter 2015)

- A. The following shall be the policy for substitutions in individual sport State Championship events. All individuals who are substitutes for individual qualifiers must have participated in a District or Special District Meet.

F. **Track and Field**

- 1) **Event Limitation.** NFHS rules allow an athlete to be entered in four events, excluding relays. Coaches of athletes entered in four events and both relays have until 4pm on the Monday (**6A, 5A, 4A, 3A, 2A, 1A – May 26**) preceding the state championship to notify the OSAA of the four events in which the athlete will compete in at the state championship. Failure to notify the OSAA by the indicated deadline shall result in the athlete being scratched first from the 4x100 Relay and then from the 4x400 Relay, if needed.
- 2) **Multiple Event Qualifiers and Relays.** This deadline is for a participant withdrawing from the championship in one event but remaining in others and for submission of up to six names for a relay team.
 - a) **Multiple Event Qualifiers:** Except as indicated below, participants who qualify in more than one event shall participate in all the events for which they qualify from preliminaries to finals.
 - (1) If a District Meet Director notifies the OSAA of a change prior to 4pm on the Monday (**6A, 5A, 4A, 3A, 2A, 1A – May 26**) preceding the state championship, an individual may drop from one or more events in which they are qualified. The next place winner at the District Meet in the respective event or events is eligible as a substitute.
 - (2) If the OSAA has not been notified of a change prior to 4pm on the Monday (**6A, 5A, 4A, 3A, 2A, 1A – May 26**) preceding the state championship, the participant who has qualified in multiple events must compete in all qualified events or they shall be scratched from all events in which the participant has qualified.
 - (3) District Meet Directors must submit drops using the OSAA Change Substitution/Form: www.osaa.org/forms/substitution/tf.
 - b) **Relay Event Entries:** Qualifying teams may enter the names of up to six individuals in relay events.
 - (1) Qualifying relay teams failing to enter six individuals may not add individuals to the state championship meet after the established Monday 4pm (**6A, 5A, 4A, 3A, 2A, 1A – May 26**) deadline. However, after the established Monday 4pm (**6A, 5A, 4A, 3A, 2A, 1A – May 26**) deadline, any of the entered relay team members may be replaced by the Wednesday 4pm (**6A, 5A, 4A, 3A, 2A, 1A – May 28**) deadline by an athlete already in the meet. If only four or five relay members are entered by the Monday 4pm (**6A, 5A, 4A, 3A, 2A, 1A – May 26**) deadline, nobody may be added to the relay team.
 - (2) Any four of the listed individuals may compete and it shall count as an event only for the four who compete.
 - (3) Schools must submit names using **the OSAA Change Substitution/Form:** www.osaa.org/forms/substitution/tf.
- 3) **Single or Multiple Event Qualifiers Dropping All Events or Substitutions only on Relays.** This deadline is for a participant dropping out of the state championship and being replaced by another participant or participants.

- a) If a District Meet Director notifies the OSAA by 4pm two business days prior (**3A, 2A, 1A – May 27**) (**6A, 5A, 4A – May 28**) to the first day of the state championship that a single event or multiple event qualifier is dropping all events, a substitution or substitutions may be made.
- b) The next place winner at the District Meet in the respective event or events is eligible as a substitute. If the athlete was a Wild Card qualifier then the next in line will be eligible.

For substitutions and drops District Meet Directors will use the OSAA Change Substitution/Form:

www.osaa.org/forms/substitution/tf

4. **WITHDRAWAL FROM STATE CHAMPIONSHIPS** (OSAA Handbook, Executive Board Policies) (Revised Fall 2008)

By entering participants in a state championship meet, contest or tournament, each member school certifies that, barring injury, illness or unforeseen events, or a withdrawal to avoid violating the religious convictions of team members, the team or individuals representing the school will participate in every game or competition, that is part of that championship event, until the final conclusion of the meet, contest or championship. Any withdrawal or intentional forfeiture for reasons other than those specified shall be considered a sportsmanship violation, and shall be subject to reprimand and/or other penalties as determined by the Executive Board. See **Executive Board Policies, "Withdrawal During a Competition"** for more information.

STATE CHAMPIONSHIPS

1. **ADMISSION:**

- A. **Participants:** Participants' bib numbers must be worn to be admitted into the stadium. Participants' bib numbers must be worn to be admitted onto the infield for competition. After competition, participants must leave the infield.
- B. **Coaches:** Coaches will be issued credentials that must be shown to be admitted into the stadium.

2. **PACKET PICK-UP:**

- **Wednesday** – SE Concourse (Volunteer Check-in Tent), 5pm – 7:30pm
- **Thursday** – Participant Gate (Agate Street), 8:30am – 7pm
- **Friday** – Participant Gate (Agate Street), 7:30am – 11am
- **Saturday** – Participant Gate (Agate Street), 8am – 11am

A. **Each school will have one packet. Each packet will contain:**

- 1) One participant's number for each participant.
- 2) Coaches Passes: The total number of male participants determines the number of coaches passes for the boys' team. The total number of female participants determines the number of coaches passes for the girls' team. **MAXIMUM OF SIX PASSES PER SCHOOL.**
 - a) One coach's pass for schools with 1 - 3 participants **OR**
 - b) Two coaches' passes for schools with 4 - 7 participants **OR**
 - c) Three coaches' passes for schools with eight or more participants.
- 3) **Daily heats and flights available online only.** www.osaa.org/activities/btf/results
- 4) **Programs available online only.** www.osaa.org/programs
- 5) Additional State Championship Information.

Extra Coaches Passes – Schools wanting to purchase extra coaches passes can do so at packet pick up. Price is \$40 for a two-day Coach Pass. Schools can pay with cash or OSAA can invoice the school.

3. **PARTICIPANTS' NUMBERS** must be worn on the front of the jersey except for the pole-vaulters. No participant will be allowed to compete without their assigned number. Participant numbers are to remain as issued and ARE NOT TO BE EXCHANGED OR ALTERED.
4. **TEAM UNIFORMS** are defined as school-issued uniforms. It is the responsibility of the coach and participants to see that all members of a relay team are wearing the same uniform. If there is any question about whether the uniforms conform, an opinion of the referee may be sought prior to the race. If the starter, referee or any other championship official detects an illegal uniform prior to the start of the race, it is good practice in preventive officiating to call this to the attention of the participant. **HOWEVER, THE RESPONSIBILITY OF CONFORMING THIS RULE IS THAT OF THE PARTICIPANT, NOT THE CHAMPIONSHIP OFFICIALS** (see NFHS Rule 4-3-1).

5. **COACH / PARTICIPANT SEATING:**

- A. General Admission seating on a first come first served basis for coaches and participants.
- B. Designated Meet Referees have the authority to assess penalties against any team whose coach is found on the track or infield and against any participant using the track or infield for warm-up or found on the track or infield while not participating in an event.

6. **WARM-UP:**

- A. **Track Events:** There is a practice track located outside the south end of Hayward Field, Field 3. Warm-up is also allowed on the turf surface.
- B. **Field Events:** Participants will be escorted onto the infield 30 minutes (exception – Pole Vault is 45 min) before their event is scheduled to begin. No throwing of implements at any other area than the designated competition area.

7. **HOW RACES ARE TO RUN:**

- A. The 800-meter run shall be run in lanes around the first turn only.
- B. The 1,600-meter Relay shall be run in lanes the first lap, using a three-turn stagger.

8. **IMPLEMENTS AND EQUIPMENT:**

- A. **Inspections:** Weigh-in will be in the Garage, south end of the stadium with the following schedule: (No weigh-ins after designated closing time).
 - Wednesday - 5pm – **7:30pm**
 - Thursday - 8am – 6:30pm, **and 5:30-7:30pm**
 - Friday - 7:30am – 6:30pm
 - Saturday - 8am – 2:30pm
- B. All implements to be used in the Shot Put, Javelin and Discus should be marked for identification purposes and must be turned into the weight judge as per instructions in the coaches' packets. Coaches bear full responsibility for retrieving a team's equipment and implements, as well as warm-ups, shoes, and other belongings following competition. The University of Oregon and the OSAA are not responsible for taking care of your implements. ***Coaches should bring implement cases to the stadium so that implements can be brought into the stands following the competition.***
- C. All schools will be advised that all implements must be checked in through weights and measures no later than 90 minutes prior to the posted event start time. No **"warm-up" implements** will be permitted on the facilities. Any competitor found with an implement that has not been certified will be subject to disqualification from the event.
- D. Starting blocks will be furnished.
- E. Relay batons will be furnished.
- F. Shoes of all participants are expected to be legal by rule and meet the spike length requirements as listed below. The Meet Referee has the authority to disqualify a participant who does not meet these requirements.
- G. **Spike Information**
 - 1) All athletes must use **only** pyramid spikes that are no longer than 1/4" (7mm) in length for all running events, the long jump and the triple jump. Coaches will be able to purchase 1/4" (7mm) spikes at packet pick-up.
 - 2) High jumpers and javelin throwers may use **only** pyramid spikes that do not exceed 3/8" (9mm). Spikes will be checked and those not meeting the regulations must be replaced by the athlete prior to being allowed to compete. Coaches will be able to purchase 3/8" (9mm) spikes at packet pick-up.
 - 3) No pin spikes will be allowed on the competition, warm-up or practice tracks.
- H. Under the authority of NFHS Rule 3-2-4 (n) – The Games Committee has restricted the wearing of costumes, hats, baseball caps, kerchiefs, bandanas, and other variations of headwear which are worn in excess of the traditional school uniform required by the rule. Headbands may be worn if they are unadorned and of a single color. Exceptions to this rule shall be granted only by the Meet Referee prior to competing.

9. **SECTORS FOR THROWING EVENTS:** Shot Put – 34.92° Discus – 34.92° Javelin – See NFHS Rule 6-6-4

10. POLE VAULT WEIGH-IN:

- A. All participants will weigh-in wearing their competition clothing (including footwear) prior to the event as per the schedule below.
- B. Participants will be allowed to step on and off the scales two times.
- C. If clothing is removed between the first and second weigh-in, this clothing will not be worn during competition, or the competitor may be disqualified.

Implement Inspection Area	Thursday	Friday	Saturday
1A	<i>Boys 8:30am-8:55am</i> <i>Boys 1:15pm-1:55pm</i>		
2A	<i>Boys 8:15am-8:55am</i>	<i>Girls 3:15pm-3:55pm</i>	
3A	<i>Girls 10:45am-11:25am</i>	<i>Boys 5:15pm-5:55pm</i>	
4A		<i>Boys 9:15am-9:55am</i>	<i>Girls 7:45am-8:25am</i>
5A			<i>Girls 10:45am-11:25am</i> <i>Boys 7:45am-8:25am</i>
6A		<i>Girls 11:15am-11:55am</i>	<i>Boys 12:45pm-1:25pm</i>

11. POLE CERTIFICATION: All Poles will be certified per NFHS Rule 7-5-5.

12. EVENT CALL/CHECK IN PROCEDURES:

- A. **Running Events:** The following check-in procedure will be used:
 - 1) Check-in is available for all running events beginning one hour prior to the first running event.
 - 2) All participants must show their competition number in order to check-in. The competitor number must be attached to the uniform.
 - 3) Relay teams – all four athletes must be present at check-in unless a team member is involved in a field event at that time.
 - 4) If a participant is in a field event that conflicts with a running event, inform the clerk and they will note the conflict. The clerks will pick-up the participant at the field event venue when it is time for their running event.
 - 5) All participants must check in at least **30** minutes prior to the scheduled start of the event (regardless of Heat assignment).
 - 6) When a participant checks in, they will be required to return to the clerk’s tent at the report time given to them at check in, typically 20 minutes prior to the scheduled start of the event. All participants will be given the first warning regarding legal uniform.
 - 7) **15** minutes prior to the scheduled start of the event all athletes will be escorted to the west grandstand for final instructions, hiping, and uniform check. This will be the second and last warning regarding legal uniform rules.
 - 8) Participants arriving under the west grandstand that have not completed steps 1-7 listed above will be scratched from the event.
- B. **Field Events:** All field event athletes must check in at the Clerk of the Course tent immediately upon arrival to Hayward Field where they will be told when to report back to the tent to be escorted to the field. All field event athletes are required to check in BEFORE they can be escorted to the field. **ABSOLUTELY NO CHECKING IN AT THE FIELD EVENT SITE.** All participants must check in at least **ONE HOUR (1 hour 15 minutes for vertical jumps)** prior to the scheduled start of the event. Field event athletes must be back in the Clerk of the Course tent at their designated report time to be escorted to the field for instructions and warmups.

If an athlete is competing in more than one event, running and/or field, they need to tell the Clerk of the Course during check-in who will then communicate this to the Head Officials.

13. CHECK MARKS:

- A. **Running Events:** Each participant will be limited to two check marks (maximum of 12" long and 2" wide) with location to be determined by Games Committee. Tape only - checkmarks placed on the track prior to assigned heats will be removed by the Games Committee.
- B. **Field Events:** A marker shall not be placed on the runway or in the landing pit. A competitor may place one or two markers (supplied or approved by the games committee) alongside the runway to assist in the run-up and take-off. A maximum of two marks may be used in the High Jump and shall not be placed closer than 2m to the take-off area.

- 14. HONEST EFFORT RULE:** Competitors who have qualified for and been entered into more than one event, must honestly participate in the qualifying and final round in each event for which the athlete is declared or the athlete will be barred from further competition in the meet.
- Note: It is understood that passing on attempts in field events is a strategy in those events and is not considered a question of honest effort.*
- 15. APPEALS:** Any coach who wishes to appeal the results of any event must complete the Track Appeal Form and present it to the meet referee at Implement Inspection with a \$25 fee. The appeal must reference the specific NFHS rule being appealed. This fee will be refunded if the appeal is granted. OSAA will be the final authority for settling any differences regarding officials, participants, schools, coaches and general policies. NOTE: A Coaches Advisory Panel made up of three people selected by the Oregon Athletic Coaches Association and approved by the OSAA will be provided for each State Championship. This panel will serve in an advisory capacity and will be available if the referee wishes to consult with them.
- 16. SURFACES:**
- A. **Track** – Beynon Sports Surfaces 2000 Dual Durometer (full-pour polyurethane)
 - B. **Long Jump, Pole Vault, High Jump, Javelin approaches** – Beynon Sports Surfaces 2000
 - C. **Shot and Discus circles** – brushed concrete
- 17. EVENT CONDUCT:**
- A. Participants must be warmed up and ready to go when call is given for an event. All trials must be completed within the time periods prescribed. For safety reasons MP3 players, radios, headphones, cell phones and any other personal communication devices will not be allowed on the track or on the infield of the track. One warning will be issued to any coach or athlete if found using any type of personal communication device in an event venue. Any subsequent violation of this rule may lead to disqualification.
 - B. Due to safety issues, athletes are not to retrieve their implements on the field, nor to venture onto the field at any time during competition. Implements will be returned to the athletes in a safe area. Any violation could cause serious injury and/or disqualification.
- 18. MULTIPLE EVENT ATHLETES:** A participant who is participating in two or more events at the same time shall have a maximum of 15 minutes from the time they check out, or prior to the completion of the preliminaries to check back in at that event, whichever comes first. Participants with conflicting events must communicate with the officials of those events to alleviate this conflict as much as possible. Event judges and meet referee will follow the NFHS Rules Book in responding to those situations. For additional information, please refer to the Policy-Rules Reminder memo included in this information.
- 19. RESULTS AND LANE ASSIGNMENTS:** Championship results will not be distributed to coaches. Complete results will be posted on the OSAA website throughout each day.
- 20. FINALS IN SHOT, DISCUS, JAVELIN, LONG JUMP and TRIPLE JUMP.** The top nine participants after the preliminary rounds will advance to the finals in these events.
- 21. STATE CHAMPIONSHIPS – MEDICAL CHAIN OF COMMAND** (*OSAA Handbook, Executive Board Policies*) (*Effective Fall 2012*): “The OSAA provides an official medical team that consists of State of Oregon registered athletic trainers and/or licensed physicians at state championship events administered by OSAA staff whenever possible. If provided, this OSAA designated medical team shall have final authority on all injury evaluations, participation status and return-to-play decisions.”
- 22. ATHLETIC TRAINERS** will be available Thursday, Friday, and Saturday located on Field #3 behind the West grandstands at Hayward Field for care and treatment of injuries. Pre-competition preparation and taping are the responsibility of the coaches and will not be handled by the trainer.
- 23. TRACK / FIELD ACCESS:** Coaches will not be permitted on the field or track once competition has begun. Coaches in violation will subject their team to disqualification. Exception: High Jump / Pole Vault coaches may help athletes establish marks prior to the start of competition.
- 24. SERVICE ANIMALS:** Trained guide dogs and service animals assisting guests are welcome at OSAA State Championships. All other animals are prohibited. All service animals must remain on a leash or in a harness, and be in full control of the handler, at all times. Handlers are responsible for any damage or injuries caused by their animals, must properly dispose of waste in appropriate containers and must take appropriate precautions to prevent property damage or injury.

25. **LOST AND FOUND:** During the event, Lost & Found will be at the OSAA Event Office or other location designated by the host facility / OSAA Staff. Beginning the first business day after the event, please visit the University of Oregon website police.uoregon.edu/lost-and-found for instructions on claiming any missing items.
26. **AWARDS:**
- A. **Trophies** – Champion through fourth place trophies will be awarded in each classification for boys and girls at the conclusion of the championships on Friday (3A, 2A, 1A) and Saturday (6A, 5A, 4A).
 - B. **Medals** – Champion through 8th place medals will be awarded in each event. We would appreciate your cooperation by ensuring that your participants follow these instructions.
 - 1) **Running Events** – Participants will be escorted directly to the awards stand following each final running event.
 - 2) **Field Events** – Participants should report to the awards stand immediately once the award winners for that field event are announced.
 - C. **Moda Health Athlete of the Meet** – The top scoring male and female athlete in each classification be recognized as that classification’s Moda Health Athlete of the Meet. The winners will be announced over the PA and will receive a certificate and commemorative gift from Moda Health the week following the championships. The certificate and gift will be mailed to the student’s athletic director.
27. **STATE CHAMPIONSHIP RESULTS:** www.osaa.org/activities/btf/results
- All results, plus team standings, will be posted to the OSAA website throughout each day of the championships.

SOUVENIR INFORMATION

Additional information available on the OSAA website, www.osaa.org/shop

1. **STATE CHAMPIONSHIPS MERCHANDISE:** www.osaastore.com
- A. **Pre-Order:** osaa.rushteamapparel.com/osaa/pre-orders
RushTeamApparel, exclusive merchandise partner of the OSAA, offers pre-orders for all championship events. Select garments are available for pre-order: sweatshirts, t-shirts, long sleeve t-shirts, sweatpants, patches, pins, beanies and various Nike products. Merchandise will be available for pick up at the RushTeamApparel booth throughout the event.
 - B. **Championship Site:** RushTeamApparel will be on-site at the OSAA state championship with a wide variety of souvenir merchandise. Stop by the merchandise booth to purchase t-shirts, sweatshirts, letterman patches, sweatpants, hats and much more. RushTeamApparel also offers a wide variety of customization options including school name, student-athlete name, event decals and more!
 - C. **Official Letterman Patches:** Get your official OSAA State Championship letterman patch onsite or by ordering online. Forget to get one last year? You can order an official letterman patch for any year going back to 2014-2015 in any OSAA activity by ordering online.
 - D. **RushTeamApparel Contact Information:** RushTeamApparel is the exclusive merchandise partner of the OSAA. For more information, contact RushTeamApparel at 1.253.858.5288 or via email at orders@rushteamapparel.com.
2. **NORTHWEST SPORTS PHOTOGRAPHY (NSP):** www.4nsp.com/PhotosAction.aspx
- A. **Action and Awards Photos:** NSP will shoot photos throughout Thursday, Friday and Saturday during all field and running events. Photos taken on Thursday will be available for purchase on Friday; photos from Friday will be available Saturday at NSP’s booth. These action photos, along with action photos from Saturday and awards presentation photos, will be available online for purchase by Sunday evening following the event.
 - B. **NSP Contact Information:** NSP is the official photographer of the OSAA. For more information, contact NSP at 800.446.5758 or via email at customerservice@4nsp.com.
3. **OSAA DIGITAL CHAMPIONSHIP PROGRAMS:** www.osaa.org/programs



The OSAA Track & Field Championship program includes a schedule of events, heat sheets, a listing of entries by school, state championship records and a color map of all OSAA member schools.

Programs are available on the OSAA Live mobile app and www.osaa.org. Download the OSAA Live mobile app from the App Store or Google Play by searching for “OSAA Live”.

4. **NFHS NETWORK:** www.nfhsnetwork.com/associations/osaa

The NFHS Network will stream video of all running events and selected field events conducted inside the Hayward Field stadium. Purchase a subscription for \$13.99 per month. Purchase digital copies at the link above.

5. **MINI REPLICA TROPHIES:** www.osaa.org/shop#trophies

- A. **Mini Replica Trophies:** The OSAA is proud to be able to offer mini replicas of the trophies presented at the OSAA State Championships. Mini replica trophies are 8" tall x 10" wide x 5" deep and make a great gift for coaches, students, parents, etc. Mini replicas can be produced for teams and individuals for any year in any OSAA activity. Each mini replica trophy is \$70 and that includes a personalized nameplate, shipping & handling. Order mini replica trophies online.
- B. **Crown Trophy Contact Information:** Crown Trophy manages the mini replica trophy program. For more information, contact Crown Trophy at 503.626.1125 or via email at awardpro@crowntrophy41.com.

The OSAA is Proud to Partner with the following organizations:

1. **Abby's Legendary Pizza:** abbys.com

With our large, open seating, Abby's is a winning choice for teams traveling throughout Oregon and central Washington. **Print out and bring this document in with your team of five or more athletes and we'll take 20% off your total order of food and drinks.** Dine-in only, please. Excludes any other discount or promotion. Participating locations. For a complete list of our locations nearest your next game, visit our website. Call ahead and we'll have your order ready!

2. **Settlemier's Letterman Jackets:** SettlemiersJackets.com

Since 1990 Settlemier's Jackets has been making the finest Letterman Jackets for the Oregon high school community. For three generations this family business has been building varsity jackets using local materials and local labor, crafting high-quality jackets to tell the story of the Oregon athletes, activists and artists who have worked so hard to earn them. Settlemier's believes that *your best deserves the best*, without compromise. So look out for the Settlemier's Jackets booth next time you are at a championship event, or visit the website link above to rep your Oregon High School with the local pride that comes from owning a custom-made Settlemier's jacket!

3. **Dave's Hot Chicken:** daveshotchicken.com

Dave's Hot Chicken specializes in Hot Chicken Sliders, Tenders and Bites, along with house-made Kale Slaw, creamy Mac & Cheese and crispy French Fries. Offered at seven spice levels ranging from No Spice to Reaper® (which requires a signed waiver for those who dare), each piece of hand-breaded chicken is spiced-to-order. Spicy. Hot. DELICIOUS!

4. **Old Spaghetti Factory:** osf.com

Offering delicious, affordable, 3-course meals to feed your team before or after the game! Catering and Banquet Rooms Available. Coaches Eat Free Program! Make a reservation for 10+ and one Coach's meal is FREE! Visit us at OSF.com.



OSAA / OnPoint Community Credit Union
2025 TRACK & FIELD STATE CHAMPIONSHIPS



Presented by NIKE

3A, 2A, 1A – May 29-30, 2025

6A, 5A, 4A – May 30-31, 2025

April 30, 2025

TO: Track and Field Coaches
FROM: Kelly Foster, Assistant Executive Director
SUBJECT: Policy / Rule Reminders for Track and Field State Championships

1. **Preventive Officiating** – All coaches and officials are reminded that if there is any question about whether a uniform / shoes / implement / etc. conforms to NFHS rules, it is good practice of preventive officiating to call this to the attention of the participant / coach / event official prior to the start of the event. An opinion may be sought from the official / referee prior to the start of the event. However, the responsibility of conforming to this rule is that of the contestant, not the meet official.
2. Under the authority of NFHS Rule 3-2-4 (n) – The Games Committee has restricted the wearing of costumes, hats, baseball caps, kerchiefs, bandanas, and other variations of headwear which are worn in excess of the traditional school uniform required by the rule. Headbands may be worn if they are unadorned and of a single color. Exceptions to this rule shall be granted only by the Meet Referee prior to competing.
3. Please be advised that all state track meet event judges and officials have been instructed, as per the NFHS Rule 6-2-4, “Time limits for competitors excused to compete in another event shall be determined by the games committee.”
 - A. A participant who is participating in two or more events at the same time shall have a maximum of 15 minutes from the time they check out, or prior to the completion of the preliminaries to check back in at that event, whichever comes first. Participants with conflicting events must communicate with the official of those events to alleviate this conflict as much as possible. Event judges and meet referee will follow the NFHS Rules Book in responding to those situations.
 - B. Reminder to all athletes, coaches, and event officials of the following NFHS Rule:

Rule 6-2-3 . . . To accommodate those competitors who may be excused to participate in other events, the head event judge may change the order of competition in the preliminary or final rounds of any jumping or throwing event by any method where the competitor being excused jumps/throws earlier than the spot at which he/she qualified. Successive trials is but one such method. Excused competitors shall inform the head event judge upon their return. The competitor with the best mark in the preliminaries has earned the right to make the last attempt of the competition and may choose to wait until after any excused competitors have taken all their trials.

 - 1) Competitors excused to participate in another event shall not be called for a trial during the excused time.
 - 2) In the vertical jumps, before the crossbar is raised, the judge will pass an excused competitor who has not returned within the designated time limit.
4. **Field Event / Running Event Conflict** – All participants are required to check-in to the Running Event and Field Event Clerks (located on Field 3) at least **30** minutes prior to the start of their events. Check-in is available for all running events beginning one hour prior to the first running event of the day. If a participant is in a field event that conflicts with a running event, inform the clerks and they will note the conflict. They must also check in for their running event before reporting to their field event. The clerks will pick-up the participant at the field event venue when it is time for their running event.
5. **Event Conduct** – Participants must be warmed up and ready to go when call is given for an event. All trials must be completed within the time periods prescribed. For safety reasons MP3 players, cell phones, and any other types of personal communication devices will not be allowed on the track or on the infield of the track. One warning will be issued to any coach or athlete if found using any type of personal communication device in an event venue. Any subsequent violation of this rule shall lead to disqualification.
6. **No Use of Electronic Devices** – The OSAA will prohibit the use of wireless communication devices, other than the official communication equipment, during the OSAA Track and Field Championships. Coaching boxes will not be provided for any field event and athletes will not be allowed to checkout during an event at any point to view video tape in unrestricted areas. Coaches and athletes found in violation of this restriction shall be disqualified from the event.
7. **Honest Effort Rule** – Competitors who have qualified for and been entered into more than one event, must honestly participate in the qualifying and final round in each event for which the athlete is declared or the athlete will be barred from further competition in the meet.

Note: It is understood that passing on attempts in field events is a strategy in those events and is not considered a question of honest effort.



QUALIFICATION & SEEDING CRITERIA

1. CHAMPIONSHIP QUALIFICATIONS:

- A. All District Meets will follow NFHS Track and Field Rule 4-2-4(c) – “In meets which involve four or more schools, not more than three contestants from a given school shall be allowed to enter an individual event.”
- B. **6A:**
- 1) **Automatic Qualifiers:** Top two placers in each individual and relay event at each district meet automatically qualifies for the OSAA State Championships. If there is a tie for second place, it shall be determined by the league prior to submitting the official state championship entries to the OSAA.
 - 2) **Wildcards:** There are 2 additional spots for the next fastest times / marks from district meet finals.
 - 3) **Qualifying Standards:** Championship finalists in individual and relay events at each district meet who meet the qualifying standard (fourth place average of the last four OSAA State Championships) for individual events and (third place average of the last three OSAA State Championships) for relays automatically qualify.
- C. **5A:**
- 1) **Automatic Qualifiers:** Top two placers in each individual and relay event at each district meet automatically qualifies for the OSAA State Championships. If there is a tie for second place, it shall be determined by the league prior to submitting the official state championship entries to the OSAA.
 - 2) **Wildcards:** There are five additional spots for the next fastest times / marks from district meet finals.
 - 3) **Qualifying Standards:** Championship finalists in individual and relay events at each district meet who meet the qualifying standard (fourth place average of the last four OSAA State Championships) for individual events and (third place average of the last three OSAA State Championships) for relays automatically qualify.
- D. **4A:**
- 1) **Automatic Qualifiers:** Top two placers in each individual and relay event at each district meet automatically qualifies for the OSAA State Championships. If there is a tie for second place, it shall be determined by the league prior to submitting the official state championship entries to the OSAA.
 - 2) **Wildcards:** There is one additional spot for the next fastest time / mark from district meet finals.
 - 3) **Qualifying Standards:** Championship finalists in individual and relay events at each district meet who meet the qualifying standard (fourth place average of the last four OSAA State Championships) for individual events and (third place average of the last three OSAA State Championships) for relays automatically qualify.
- E. **3A:**
- 1) **Automatic Qualifiers:** Top two placers in each individual and relay event at each of the six special district meets automatically qualifies for the OSAA State Championships. If there is a tie for second place, it shall be determined by the special district prior to submitting the official state championship entries to the OSAA.
 - 2) **Wildcards:** There is one additional spot for the next fastest time / mark from special district meet finals.
 - 3) **Qualifying Standards:** Championship finalists in individual and relay events at each of the six special district meets who meet the qualifying standard (fourth place average of the last four OSAA State Championships) for individual events and (third place average of the last three OSAA State Championships) for relays automatically qualify.
- F. **2A:**
- 1) **Automatic Qualifiers:** Top two placers in each individual and relay event at each of the four special district meets automatically qualifies for the OSAA State Championships. If there is a tie for second place, it shall be determined by the special district prior to submitting the official state championship entries to the OSAA.
 - 2) **Wildcards:** There are four additional spots for the next fastest times / marks from special district meet finals.

- 3) **Qualifying Standards:** Championship finalists in individual and relay events at each of the four special district meets who meet the qualifying standard (fourth place average of the last four OSAA State Championships) for individual events and (third place average of the last three OSAA State Championships) for relays automatically qualify.

G. **1A:**

- 1) **Automatic Qualifiers:** Top two placers in each individual and relay event at each of the four special district meets automatically qualifies for the OSAA State Championships. If there is a tie for second place, it shall be determined by the special district prior to submitting the official state championship entries to the OSAA.
- 2) **Wildcards:** There are four additional spots for the next fastest times / marks from special district meet finals.
- 3) **Qualifying Standards:** Championship finalists in individual and relay events at each of the four special district meets who meet the qualifying standard (fourth place average of the last four OSAA State Championships) for individual events and (third place average of the last three OSAA State Championships) for relays automatically qualify.

H. **High Jump and Pole Vault:**

Suggestion for State qualifying: In the rare case where Rule 6-3 does not break a tie for second place, equal team points shall be awarded to those tied for second place. If those tied for second place are below the Qualifying Standard, it is suggested that the second qualifier from that district be determined by Rule 6-3-2.

I. **Para-Athletes:** *[\(Para-Athlete Disability Certificate\)](#)* *(Revised Spring 2024)*

- 1) Athletes who meet the [qualifying standards](#) at their district meet shall combine in the 100M, 400M, 1500M and Shot Put regardless of gender or disability. The Para-Athlete Disability Certificate and documentation of the disability must be provided to the OSAA prior to competing in the district meet. If more than eight students qualify in an event, the OSAA will explore splitting out the events by gender or disability type (wheelchair or ambulatory).
- 2) There are two divisions for which a para-athlete may qualify, wheelchair participants and ambulatory. All athletes in grades 9-12 must meet OSAA eligibility requirements. For additional information see OSAA Handbook, [Rule 8, Individual Eligibility](#)
 - a) Wheelchair: Athletes with permanent physical disability on file with the school.
 - b) Ambulatory: Athletes shall have a permanent orthopedic, neuromuscular or other physical disability. This would include Visually impaired, Cerebral Palsy, Dwarf, and Amputee. Permanent orthopedic impairment shall be verified by a licensed physician and maintained on permanent file at the school.
 - c) Cognitively or intellectually disabled students are not defined as Para-Athletes.
- 3) It is an expectation that those para-athletes who wish to attempt to qualify are participating in these events during the regular season and that they establish a qualifying time/mark at the league/conference/district qualifying meet. The qualifying time established at the league/conference/district meet will be used to seed as many heats/flights as necessary to accommodate the qualifying field at the State Championships.
- 4) To facilitate training and competition for para-athletes it is recommended that all leagues/conferences/districts include a para-athlete 100M, 400M, 1500M and Shot Put in their event schedules. Prior to an event the host school should verify with their invited teams whether or not they have para-athletes who would like to participate in one of these events.

J. **Track Event Rules – Para-Athlete 100m, 400m & 1500m Races:**

The event shall follow NFHS and OSAA rules with the following OSAA modifications:

Track chair:

- The track chair shall have two rear wheels and one front wheel.
- The track chair frame shall not extend in front of the center of the front wheel hub.
- The track chair may have no mechanical gears or levers that would propel the chair.
- The steering must be hand operated. NO electronic steering is allowed.
- NO part of the track chair or frame may protrude past the furthest point of the rear wheel.
- Athlete's lower limbs must be secured to the track chair. Any touch of the ground by the lower limb results in disqualification from the event.
- Competitors are responsible for the proper functioning of the track chair. No event shall be delayed for equipment failure prior to event.

Wheels:

- The maximum diameter of the rear wheel and inflated tire is 70 cm.
- The maximum diameter of the front wheel and inflated tire is 50 cm.
- Each rear wheel may have one hand rim.

Helmet and Gloves:

- All competitors must wear a CPSC certified helmet (Bike/Skate)
- All competitors must start each event using racing gloves.
- Athletes may only propel the chair forward by pushing on the wheels or hand rims.

The Race:

- The Start: The Center of the front axle (axle plane) may not extend over the starting line.
- The Finish: The finish of the race occurs when the center of the front axles (axle plane) crossing the finish line.
- Passing or changing lanes: Competitors must have full clearance of another athlete's front wheel in order to pass or move into another lane. Failure to pass or change lanes correctly will result in disqualification.
- Obstruction: Athletes may not touch or obstruct another competitor during an event. Obstruction of an athlete will result in disqualification.
- Propulsion and steering: The wheelchair must be maneuvered with the hands and arms only.

Field Event Rules – Para-Athlete Shot Put:

- The event shall follow all OSAA and NFHS rules with the following modifications:
- Athletes who are in a wheelchair may compete in the same flight as ambulatory athletes but will be placed separately by gender.
- All wheelchair competitors must put the shot from a "chair" (manual wheelchair, throwing chair, power wheelchair).
- Scooters and "standing chairs" will not be allowed.
- The upper most part of the cushion/seat on any chair may not exceed 75 cm(29.5inches).
- The chair will be considered an extension of the athletes' body. For example: any part of the chair touching the top of the stop board is a foul.
- A coach may assist the athlete entering the circle.
- One buttock cheek must remain in contact with the seat during the throw.
- The athlete may have an individual hold the chair during the throw to prevent excessive movement.

Shot Put Weights:

- Boys will use an 8.81 lb. (4K) shot.
- Girls Category will use a 6 lb. shot.

State Championships Scoring Procedures:

Para-athletes will compete in combined flights, regardless of gender or disability type (wheelchair or ambulatory), until we reach a minimum of at least eight wheelchair and/or ambulatory entries from qualifying events.

- If eight or more wheelchair and/or ambulatory athletes qualify, entries will be separated into timed finals by disability type and fields will continue to contain mixed genders. Scoring will be separated by gender and disability type (wheelchair or ambulatory).
- In the case of less than eight wheelchair and/or ambulatory athletes qualifying, entries will participate as a timed final regardless of disability type and fields will contain mixed genders. Scoring will be separated by gender and disability type (wheelchair or ambulatory).

Example Situation – Five para-athletes qualify in the 100M. Three of the entries are wheelchair and the other two entries are ambulatory.

Lane	Participant	Type	School	Finish	Inclusion Points Awarded
2	Boy A	Ambulatory	School 1	4	5
3	Boy B	Wheelchair	School 2	1	5
4	Girl A	Ambulatory	School 1	2	5
5	Girl B	Ambulatory	School 3	3	3
6	Girl C	Wheelchair	School 4	5	5

In this example, we have five total teams competing in the para-athlete division – two Boys Teams (one ambulatory and one wheelchair) and three Girls Teams (two ambulatory and one wheelchair). Standard NFHS scoring (outlined in the chart below) provides the point structure that will be used. Since Boy B was the timed final Boys Wheelchair winner he earns five points. Girl A (second place finisher in the timed final) is the Girls Ambulatory winner and earns five points. Boy A is the fourth place finisher (first place Boys Ambulatory winner) so he earns five points. Girl B is the second place Girls Ambulatory finisher and earns three points. Girl C is the first place Girls Wheelchair finisher and earns five points.

Below is a chart summarizing individual point structure based on number of teams participating by gender.

Number of Teams Competing in the Event	Individual Scoring
1	5 – 3
2	5 – 3 – 1
3	5 – 3 – 2 – 1
4	6 – 4 – 3 – 2 – 1
5	8 – 6 – 4 – 2 – 1
6	10 – 8 – 6 – 4 – 2 – 1
7 or more (6 scoring)	10 – 8 – 6 – 4 – 2 – 1
7 or more (7 scoring)	10 – 8 – 6 – 4 – 3 – 2 – 1
7 or more (8 scoring)	10 – 8 – 6 – 5 – 4 – 3 – 2 – 1

Team Scoring Procedures:

Team points earned by wheelchair and/or ambulatory athletes will be added back to the represented school to be added to their overall team point score. If the points from the athlete(s) moves a team to trophy consideration and those combined points overtake another school, dual trophies will be presented for that trophy position.

Example –

- 1st Team A: 80 team points (no wheelchair or ambulatory entries)
- 2nd Team B: 70 team points (no wheelchair or ambulatory entries)
- 3rd Team C: 60 team points (no wheelchair or ambulatory entries)
- 4th Team D: 50 team points (no wheelchair or ambulatory entries)
- 5th Team E: 48 team points (wheelchair or ambulatory entries)

Teams A, B, C and D do not have wheelchair or ambulatory entries. Team E had one wheelchair athlete qualify and they score three team points in the event. Adding the wheelchair athlete's team points to the overall team score move Team E into 4th place position with 51 points. Teams D and E would both receive a 4th place championship trophy.

K. Awards:

- 1) Trophies – If a school is already in trophy position and the inclusion points earned by an athlete(s) moves a school up (i.e., 3rd to 2nd) a school will receive both trophies.
- 2) Medals – Champion through 8th place medals will be awarded in each event by gender and disability type (wheelchair or ambulatory).

2. PRELIMINARIES – SEEDING:

- A. Hand timed vs. FAT – As per Rule 3-9-8, 2024 NFHS Track & Field Rules Book “...unless it is a fully automatic system, times registered in one-hundredth of a second shall be rounded up to the next tenth of a second. (Example: 10.42 will be recorded as 10.5 unless a FAT system is used.) If FAT and manual times must be integrated, the hand-held times shall first be rounded up to the slower one-tenth of a second. Then a conversion factor of .24 must be added (i.e., MT + .24 = FAT). A record shall not be granted unless the time is recorded by FAT.” All hand timed district meets are to send in results rounded up to the nearest 1/10 second. DO NOT CONVERT as the computer will do this. All conversions will be made from hand times to FAT in accordance with the NFHS Rules Book (i.e., round up to nearest 1/10 second and then add .24 second for all events).
- B. NFHS Track and Field Rule 5-6 shall be used when forming heats for running events.
- C. Lane assignments for all preliminary running events, except the 1,500m and 3,000m, shall be made with the fastest time in lane 4, second fastest time in lane 5, third fastest time in lane 3, fourth fastest time in lane 6, etc. For the 1,500m and the 3,000m, fastest time is placed on outside, second fastest time next, etc., toward the inside of the track. If more than 16 runners are in a race, 17th fastest time is placed in second row behind 16th fastest time, 18th fastest time is placed behind 15th fastest time, etc.
- D. When there are **two heats, three contestants from each heat, plus the next two fastest times**, shall qualify for the final in that event. **EXCEPTION:** In the 1,500m, six contestants from each heat shall qualify for the final.
- E. When there are **three heats, two contestants from each heat, plus the next two fastest times**, shall qualify for the final in that event.
- F. There will be preliminary heats for all running events, except as follows:
 - 1) **Boys/Girls -- 800 meters**, if 12 or less qualifiers. Note: Additional qualifiers beyond 8 will be stacked using the following lane order – 2,7,1,8
 - 2) **Boys/Girls -- 1,500 meters**, if 21 or less qualifiers.
 - 3) **Boys/Girls -- 3,000 meters**.
- G. Rule 5-6-5, 2023 NFHS Track & Field Rules Book regarding FAT and hand times shall be used when seeding from the preliminaries and finals.

3. FINALS – SEEDING:

A. Timed Final Relay Seeding:

- 1) Timed finals will be used in the 4 X 100M Relays and 4 x 400M Relays. Seed mark from the district meet will be used to separate teams into sections. Slowest times will be placed in the first section, next fastest times in the following section, etc. Sections will be seeded using NFHS rules. There will be no less than four teams in a section. When there are 12 or more teams, the final section will have the eight fastest teams. Finish Lynx, Eagle Eye, PyroFlash and other similar timing systems will be treated equally for seeding purposes – any hand time will be converted to FAT. Section assignments will be based on the following plan.

Classification	Section 1 (Slow Heat)	Section 2 (Fast Heat)
6A	8	8
5A	4	8
4A	6	8
3A	4	8
2A	4	8
1A	4	8

- B. In all field events, except the Pole Vault and High Jump, nine contestants shall qualify for the finals.
- C. Rule 5-6-5, 2024 NFHS Track & Field Rules Book will be used to seed all event finals, except the 1,500-m and 3,000-m. Those events will be seeded as outlined in 2c above.

2025 Track & Field State Championships Qualifying Standards

Boys

	6A		5A		4A		3A		2A		1A	
	Four-year average of fourth place		Four-year average of fourth place		Four-year average of fourth place		Four-year average of fourth place		Four-year average of fourth place		Four-year average of fourth place	
	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 ¾	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 ¼	12.37
Shot Put	50-3 ¾	15.33	48-4 ½	14.74	48-1 ¾	14.67	44-5 ¼	13.54	43-8 ¼	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 ¼	1.89	6-0 ¾	1.85	6-0 ¾	1.85	5-11 ½	1.82	5-11 ½	1.82	5-10 ½	1.79
Pole Vault	14-4 ½	4.38	13-6 ¼	4.12	13-5 ¾	4.11	11-11 ¾	3.65	11-7 ¾	3.55	12-0 ½	3.67

(Three-year average of third place)

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		Four-year average of fourth place		Four-year average of fourth place		Four-year average of fourth place		Four-year average of fourth place		Four-year average of fourth place	
	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 ¼	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 ¼	1.63	5-0 ½	1.54	4-11 ½	1.51	4-11 ½	1.51	4-10 ¼	1.48	4-10 ¼	1.48
Pole Vault	11-3 ¾	3.45	10-1 ½	3.09	9-6 ¾	2.90	9-7	2.92	8-2 ¾	2.51	8-9	2.67

(Three-year average of third place)

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	



2025 OSAA CLERKING PROCEDURES

Running Events: The following check-in procedure will be used:

1. Check-in is available for all running events as soon as gates are open. All clerking will be located on Field #3. (See attached Field Map)
2. All participants must show their competition number to check-in, bibs must be attached to the uniform.
3. Relay teams – all four participants must be present at check-in unless a team member is involved in a field event at that time.
4. If a participant is in a field event that conflicts with a running event, inform the clerk and they will note the conflict. The clerks will pick-up the participant at the field event venue when it is time for their running event.
5. All participants must check in 30 minutes prior to the start of the first race/heat but can check in as soon as gates open. It is highly recommended that participants check in for all running events at the same time.
6. When a participant checks in they will be told what time to report back to the clerk tent depending on the event. Typically, 20 minutes prior to the scheduled start.
7. Approximately 15 minutes prior to the scheduled start of the event all participants will be escorted as outlined for hiping (if applicable) and final instructions.

ANY PARTICIPANT THAT HAS NOT COMPLETED STEPS 1-7 LISTED ABOVE WILL BE SCRATCHED FROM THE EVENT. Scratching from one event scratches the participant from all subsequent events they are entered in.

Please remind participants to use the restroom prior to being clerked under the stadium.

Field Events: The following check-in procedure will be used:

- All field event participants are required to check in with the Field Event Clerk located on Field #3. Participants are required to check in a minimum of ONE HOUR (1 hour 15 minutes for vertical jumps) prior to the scheduled start of the event.
- Report time is 45 minutes prior (1 hour in vertical jumps) to the scheduled start. If applicable, Flight 2 will report one hour later. Refer to the Field Event Report Times schedule included with these instructions.
- All field event participants are required to check in BEFORE they are escorted to the infield. **ABSOLUTELY NO CHECKING IN AT THE FIELD EVENT VENUES UNLESS ALREADY ON THE INFIELD.** (See attached Field Map)

ANY PARTICIPANT THAT HAS NOT COMPLETED THE STEPS LISTED ABOVE WILL BE SCRATCHED FROM THE EVENT. Scratching from one event scratches the participant from all subsequent events they are entered in.

Note: If a participant is competing in more than one event, running and/or field, they need to tell the Field Event Clerk during check-in who will then communicate this to the Head Officials.

If a participant is in a field event that conflicts with a running event, inform the clerks and they will note the conflict. They must also check in for their running event before reporting to their field event. The clerks will pick-up the participant at the field event venue when it is time for their running event.



OSAA / OnPoint Community Credit Union
2025 TRACK & FIELD STATE CHAMPIONSHIPS



Presented by Nike
 3A, 2A, 1A – May 29-30, 2025
 6A, 5A, 4A – May 30-31, 2025
 University of Oregon, Hayward Field, Eugene, OR 97403

POLE VAULT PROCEDURE

Poles:

1. All poles must be stored on racks with labels corresponding to competition (i.e. 1A girls poles must be stored on rack that lists 1A girls). If poles are not on correct rack, they will not be checked in in a timely manner and will not be brought onto the field of play prior to warm-ups.
2. All pole bags must have one end open to facilitate pole checks
3. Once the competition is over, the poles will be returned to the garage.
4. Shared poles are the responsibility of the athlete/coach to get them on the correct rack following the competition, so that the next athlete will have access. They may not be left on the field of play following the competition
5. Any pole that is deemed inappropriate/illegal for use will be left on the rack for “detained poles” and will not be taken onto the field of play. It is the coaches/athletes responsibility to check this rack for their poles prior to leaving Hayward field.
6. Any athlete that uses a pole that is under weight or not marked with manufactures label will be disqualified
7. No poles may be removed from the field of play until the competition is complete.

Athletes:

1. Athletes must be weighed on the day of competition. If they weigh more than their pole weight supports, they should be strongly encouraged to use other poles, as officials will be watching for these violations. (Refer to #6 above). Underweight poles will not be removed from bags by officials if they are otherwise legal poles
2. Athletes must make sure that their poles are bagged, and bags are closed prior to leaving the field of play after the competition.

FROM AD / COACH -

5. POLE VAULT WEIGH-IN:

- A. All participants will weigh-in wearing their competition clothing (including footwear) prior to the event as per the schedule below.
- B. Participants will be allowed to step on and off the scales two times.
- C. If clothing is removed between the first and second weigh-in, this clothing will not be worn during competition, or the competitor may be disqualified.

Implement Inspection Area	Thursday	Friday	Saturday
1A	<i>Boys 8:30am-8:55am</i> <i>Boys 1:15pm-1:55pm</i>		
2A	<i>Boys 8:15am-8:55am</i>	<i>Girls 3:15pm-3:55pm</i>	
3A	<i>Girls 10:45am-11:25am</i>	<i>Boys 5:15pm-5:55pm</i>	
4A		<i>Boys 9:15am-9:55am</i>	<i>Girls 7:45am-8:25am</i>
5A			<i>Girls 10:45am-11:25am</i> <i>Boys 7:45am-8:25am</i>
6A		<i>Girls 11:15am-11:55am</i>	<i>Boys 12:45pm-1:25pm</i>

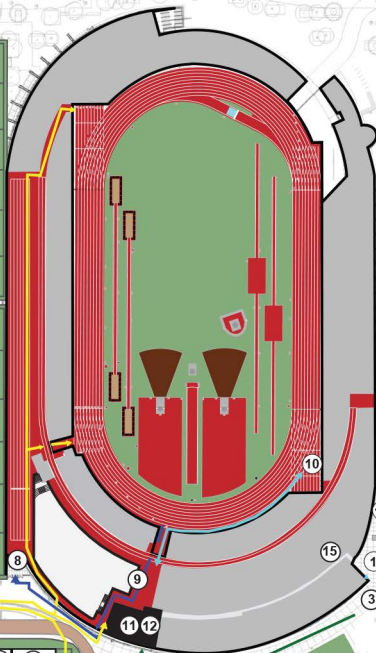
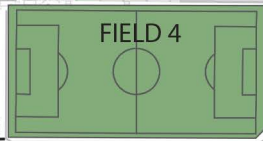
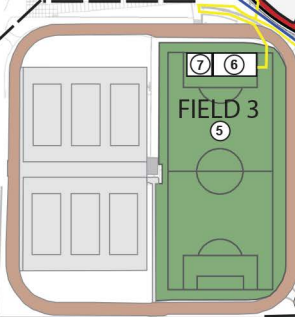
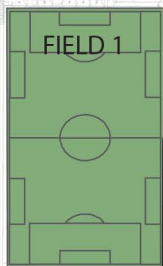
- 6. POLE CERTIFICATION:** All Poles will be certified per NFHS Rule 7-5-5.



OSAA Track and Field Championships
May 29-31, 2025

- 1 Athlete Entrance
- 2 Secondary Athlete Drop off
- 3 Officials/Meet Ops Entrance
- 4 Media Entrance
- 5 Warm Up Track
- 6 Clerk of the Course
- 7 Meet Medical
- 8 Team Concourse Access
- 9 Athlete Recovery
- 10 Mix Zone - 1500m Start
- 11 Implement Inspection
- 12 Pole Vault Storage
- 13 Ticket Office
- 14 Packet Pick-up
- 15 Officials' Hospitality
-On SE Concourse

- Athlete Flow to Competition
- Athlete Flow from Competition
- Athlete Interview Flow
- Officials Flow



Agate Street

18th Avenue

15th

17th

Team / Bus Parking / Hayward Shuttle

All teams and spectators are advised that parking availability surrounding the University of Oregon is restrictive. Street parking is limited to 2-hour parking zones and meters. Unauthorized vehicles in University parking lots will be issued citations and towed. Both the City of Eugene and the University of Oregon will be strictly enforcing parking.

All school buses and oversized vans should park in Lot 5A at Autzen Stadium. It is a 15-minute walk to Hayward Field using the Foot Bridge located directly next to the parking area.

A drop off area at Hayward Field will be provided for participants at the Participant Pass Gate located at Gate 15 on Agate Street.

SHUTTLE INFORMATION: [Shuttle Schedule](#)

In an effort to alleviate parking frustrations the OSAA will be providing a shuttle between Autzen Stadium and Hayward Field for the Track and Field State Championships. **The shuttle is available to participating teams and spectators at no cost.**

The shuttle will operate on one half hour intervals from the South Gate of Autzen Stadium to the Participant / Spectator Gate on Agate Street which is located at the south end of Hayward Field.

Hours of Operation: Thursday, 8am – 7:30pm Friday, 8am – 10:30pm Saturday, 8am – 6:30pm.

To access parking closest to the South Gate of Autzen Stadium those choosing the shuttle option should use Entry 5 off of Leo Harris Parkway and proceed to the south end of the Autzen Stadium Lot.

Parking Questions and Answers:

Q: Is parking provided for participating teams?

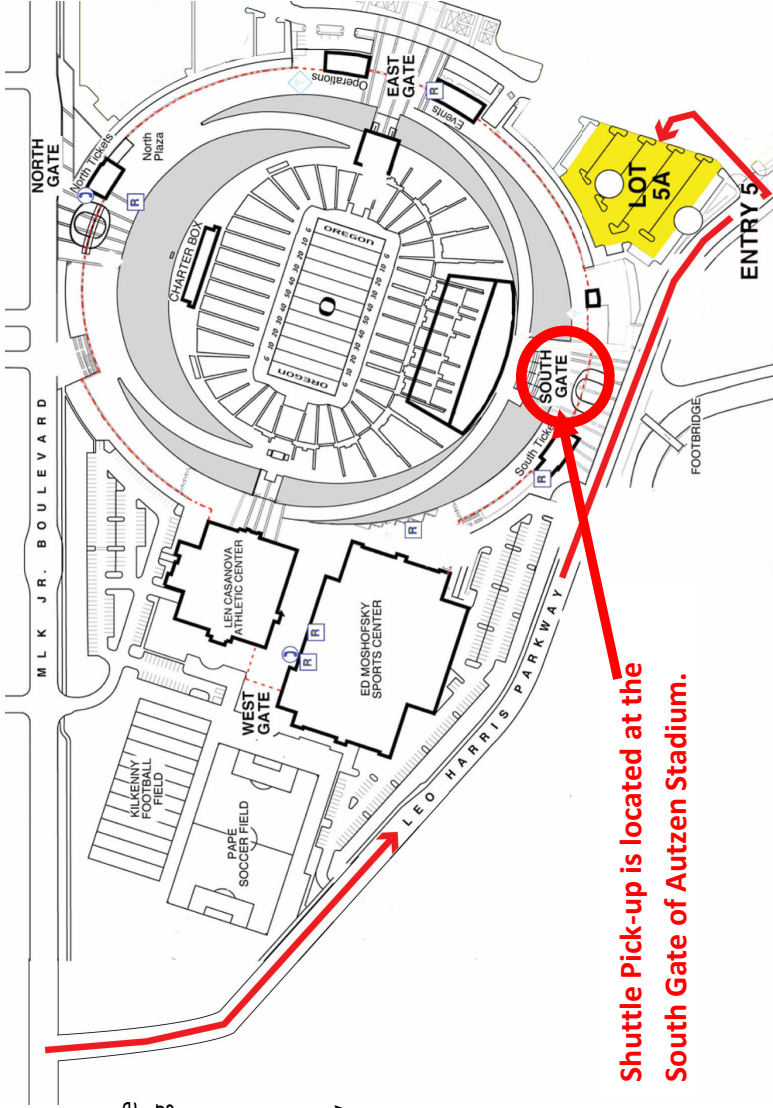
A: Team parking is not provided – any cost associated with team parking is the schools responsibility.

Q: Who can I contact with parking questions?

A: University of Oregon Department of Parking and Transportation. The main office is open from 7:30am-5pm Monday-Friday or you can call 541.346.5444 for more information. They can also be reached by emailing parking@uoregon.edu.

Q: What other parking options are available?

A: The University of Oregon has two garages that allow hourly parking, the 13th Ave Garage and the Millrace Drive Garage. Located beneath the Ford Alumni Center, the 13th Ave garage is accessed from 13th Ave and is the easiest place for visitors to find parking close to the center of campus. The Millrace Drive garage is located next to the Knight Campus and is a six minute walk from campus.



Shuttle Pick-up is located at the South Gate of Autzen Stadium.

Directions from Hayward Field to Autzen Stadium:

1. Start out going NORTH on AGATE ST toward E 15TH AVE (0.3 mi)
2. Take the 3rd LEFT onto FRANKLIN BLVD / OR-126-BR W / OR-99 N / PACIFIC HWY W Continue to follow OR-126-BR W / OR-99 N / PACIFIC HWY W (0.8 mi)
3. Turn SLIGHT RIGHT onto MILL ST / OR-126-BR W / OR-99 N / PACIFIC HWY W (0.2 mi)
4. Turn SLIGHT LEFT to take the COBURG RD ramp toward I-105 / I-5 / SPRINGFIELD (.07 mi)
5. Stay STRAIGHT to go onto COBURG RD (0.5 mi)
6. Take the CENTENNIAL BLVD / MARTIN LUTHER KING JR BLVD ramp toward AUTZEN STADIUM (0.1 mi)
7. Stay STRAIGHT to go onto MARTIN LUTHER KING JR BLVD (0.3 mi)
8. Turn RIGHT onto LEO HARRIS PKWY (0.4 mi)
9. Lot 8 will be on your Left (.01 mi)



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All teams and spectators are advised that parking availability surrounding the University of Oregon is restrictive. Unauthorized vehicles in University parking lots will be issued citations and towed. Both the City of Eugene and the University of Oregon will be strictly enforcing parking.

1) **Garage Parking –**

- a) 13th Avenue Garage - \$2 per hour / \$18 per day
- b) Millrace Garage - \$10 per day

2) **Metered Parking – 7am -6pm**

- a) On-Campus meters: \$2/hour Visit transportation.uoregon.edu/parking for more info.
- b) City of Eugene meters: Visit www.eugene-or.gov/778/Downtown-Commercial-Parking for more info.
 - a. 60 minutes: \$1.20 (prorated for less than 60 minutes)
 - b. 5 hours: \$6.00
 - c. 10 hours: \$12.00

In an effort to alleviate parking frustrations the OSAA will be providing a shuttle between Autzen Stadium and Hayward Field for the Track and Field State Championships. **The shuttle is available to participating teams and spectators at no cost.**

To access parking closest to the South Gate of Autzen Stadium those choosing the shuttle option should use Entry 5 off of Leo Harris Parkway and proceed to the south end of the Autzen Stadium Lot.

Shuttle Departure Times

Please note: Shuttle departure times are tentative

Thursday, May 29 – 8am-7:30pm		Friday, May 30 – 8am-11:00pm		Saturday, May 31 – 8am-6:30pm	
8:00 AM	Autzen Stadium - South Gate	8:00 AM	Autzen Stadium - South Gate	8:00 AM	Autzen Stadium - South Gate
8:30 AM	Hayward Field - Powell Plaza	8:30 AM	Hayward Field - Powell Plaza	8:30 AM	Hayward Field - Powell Plaza
9:00 AM	Autzen Stadium - South Gate	9:00 AM	Autzen Stadium - South Gate	9:00 AM	Autzen Stadium - South Gate
9:30 AM	Hayward Field - Powell Plaza	9:30 AM	Hayward Field - Powell Plaza	9:30 AM	Hayward Field - Powell Plaza
10:00 AM	Autzen Stadium - South Gate	10:00 AM	Autzen Stadium - South Gate	10:00 AM	Autzen Stadium - South Gate
10:30 AM	Hayward Field - Powell Plaza	10:30 AM	Hayward Field - Powell Plaza	10:30 AM	Hayward Field - Powell Plaza
11:00 AM	Autzen Stadium - South Gate	11:00 AM	Autzen Stadium - South Gate	11:00 AM	Autzen Stadium - South Gate
11:30 AM	Hayward Field - Powell Plaza	11:30 AM	Hayward Field - Powell Plaza	11:30 AM	Hayward Field - Powell Plaza
12:00 PM	Autzen Stadium - South Gate	12:00 PM	Autzen Stadium - South Gate	12:00 PM	Autzen Stadium - South Gate
12:30 PM	Hayward Field - Powell Plaza	12:30 PM	Hayward Field - Powell Plaza	12:30 PM	Hayward Field - Powell Plaza
1:00 PM	Autzen Stadium - South Gate	1:00 PM	Autzen Stadium - South Gate	1:00 PM	Autzen Stadium - South Gate
1:30 PM	Hayward Field - Powell Plaza	1:30 PM	Hayward Field - Powell Plaza	1:30 PM	Hayward Field - Powell Plaza
2:00 PM	Autzen Stadium - South Gate	2:00 PM	Autzen Stadium - South Gate	2:00 PM	Autzen Stadium - South Gate
2:30 PM	Hayward Field - Powell Plaza	2:30 PM	Hayward Field - Powell Plaza	2:30 PM	Hayward Field - Powell Plaza
3:00 PM	Autzen Stadium - South Gate	3:00 PM	Autzen Stadium - South Gate	3:00 PM	Autzen Stadium - South Gate
3:30 PM	Hayward Field - Powell Plaza	3:30 PM	Hayward Field - Powell Plaza	3:30 PM	Hayward Field - Powell Plaza
4:00 PM	Autzen Stadium - South Gate	4:00 PM	Autzen Stadium - South Gate	4:00 PM	Autzen Stadium - South Gate
4:30 PM	Hayward Field - Powell Plaza	4:30 PM	Hayward Field - Powell Plaza	4:30 PM	Hayward Field - Powell Plaza
5:00 PM	Autzen Stadium - South Gate	5:00 PM	Autzen Stadium - South Gate	5:00 PM	Autzen Stadium - South Gate
5:30 PM	Hayward Field - Powell Plaza	5:30 PM	Hayward Field - Powell Plaza	5:30 PM	Hayward Field - Powell Plaza
6:00 PM	Autzen Stadium - South Gate	6:00 PM	Autzen Stadium - South Gate	6:00 PM	Autzen Stadium - South Gate
6:30 PM	Hayward Field - Powell Plaza	6:30 PM	Hayward Field - Powell Plaza	6:30 PM	Hayward Field - Powell Plaza
7:00 PM	Autzen Stadium - South Gate	7:00 PM	Autzen Stadium - South Gate		
7:30 PM	Hayward Field - Powell Plaza	7:30 PM	Hayward Field - Powell Plaza		
		8:00 PM	Autzen Stadium - South Gate		
		8:30 PM	Hayward Field - Powell Plaza		
		9:00 PM	Autzen Stadium - South Gate		
		9:30 PM	Hayward Field - Powell Plaza		
		10:00 PM	Autzen Stadium - South Gate		
		10:30 PM	Hayward Field - Powell Plaza		