

2016 OSAA Track and Field State Championships
Thursday Schedule - May 19, 2016

Running Events	Heat 1	Heat 2	Field Events	Time
1A Girls 3000-meter Run (Final)	12:30 PM		1A Boys High Jump (East Apron)	10:00 AM
2A Girls 3000-meter Run (Final)	12:45 PM		1A Boys Long Jump (East Pit)	11:15 AM
3A Girls 3000-meter Run (Final)	1:00 PM		1A Girls Discus	11:30 AM
1A Boys 3000-meter Run (Final)	1:15 PM		1A Girls Long Jump (West Pit)	1:45 PM
2A Boys 3000-meter Run (Final)	1:28 PM		1A Boys Shot Put (East Pit)	1:45 PM
3A Boys 3000-meter Run (Final)	1:41 PM		1A Girls Javelin	2:00 PM
1A Girls 100-meter Dash	1:54 PM	1:58 PM	1A Girls High Jump (West Apron)	2:45 PM
2A Girls 100-meter Dash	2:02 PM	2:06 PM	1A Boys Pole Vault (East Pit)	3:00 PM
3A Girls 100-meter Dash	2:10 PM	2:14 PM		
1A Boys 100-meter Dash	2:18 PM	2:22 PM	2A Boys Pole Vault (East Pit)	10:00 AM
2A Boys 100-meter Dash	2:26 PM	2:30 PM	2A Girls Javelin	10:00 AM
3A Boys 100-meter Dash	2:34 PM	2:38 PM	2A Girls Long Jump (West Pit)	11:45 AM
1A Girls 400-meter Dash	2:42 PM	2:46 PM	2A Girls High Jump (East Apron)	1:15 PM
2A Girls 400-meter Dash	2:50 PM	2:54 PM	2A Boys Long Jump (East Pit)	1:15 PM
3A Girls 400-meter Dash	2:58 PM	3:02 PM	2A Girls Discus	3:30 PM
1A Boys 400-meter Dash	3:06 PM	3:10 PM	2A Boys Shot Put (East Pit)	3:45 PM
2A Boys 400-meter Dash	3:14 PM	3:18 PM		
3A Boys 400-meter Dash	3:22 PM	3:26 PM	3A Girls High Jump (West Apron)	10:15AM
1A Girls 100-meter High Hurdles	3:30 PM	3:34 PM	3A Boys Shot Put (East Pit)	11:45 AM
2A Girls 100-meter High Hurdles	3:38 PM	3:42 PM	3A Boys Pole Vault (East Pit)	12:30 PM
3A Girls 100-meter High Hurdles	3:46 PM	3:50 PM	3A Girls Javelin	12:00 PM
1A Boys 110-meter High Hurdles	3:54 PM	3:58 PM	3A Girls Discus	1:30 PM
2A Boys 110-meter High Hurdles	4:02 PM	4:06 PM	3A Boys Long Jump (East Pit)	3:15 PM
3A Boys 110-meter High Hurdles	4:10 PM	4:14 PM	3A Girls Long Jump (West Pit)	3:45 PM
1A Girls 200-meter Dash	4:18 PM	4:22 PM		
2A Girls 200-meter Dash	4:26 PM	4:30 PM		
3A Girls 200-meter Dash	4:34 PM	4:38 PM		
1A Boys 200-meter Dash	4:42 PM	4:46 PM		
2A Boys 200-meter Dash	4:50 PM	4:54 PM		
3A Boys 200-meter Dash	4:58 PM	5:02 PM		
1A Girls 300-meter Low Hurdles	5:06 PM	5:10 PM		
2A Girls 300-meter Low Hurdles	5:14 PM	5:18 PM		
3A Girls 300-meter Low Hurdles	5:22 PM	5:26 PM		
1A Boys 300-meter Int. Hurdles	5:30 PM	5:34 PM		
2A Boys 300-meter Int. Hurdles	5:38 PM	5:42 PM		
3A Boys 300-meter Int. Hurdles	5:46 PM	5:50 PM		



2016 OSAA Track and Field State Championships
Friday Schedule - May 20, 2016



Running Events	Heat 1	Heat 2	Field Events	Time
4A Girls 3000-meter Run (Final)	9:30 AM		4A Boys Discus	9:00 AM
5A Girls 3000-meter Run (Final)	9:45 AM		4A Boys Pole Vault (East Pit)	9:45 AM
6A Girls 3000-meter Run (Final)	10:00 AM		4A Girls High Jump (East Apron)	10:30 AM
4A Boys 3000-meter Run (Final)	10:15 AM		4A Girls Javelin	11:00 AM
5A Boys 3000-meter Run (Final)	10:28 AM		4A Boys Shot Put (East Pit)	11:45 AM
6A Boys 3000-meter Run (Final)	10:41 AM		4A Boys Long Jump (East Pit)	1:00 PM
4A Girls 100-meter Dash	10:54 AM	10:58 AM	4A Girls Long Jump (West Pit)	1:00 PM
5A Girls 100-meter Dash	11:02 AM	11:06 AM		
6A Girls 100-meter Dash	11:10 AM	11:14 AM	5A Girls Javelin	9:00 AM
4A Boys 100-meter Dash	11:18 AM	11:22 AM	5A Girls Long Jump (West Pit)	9:00 AM
5A Boys 100-meter Dash	11:26 AM	11:30 AM	5A Boys Discus	11:00 AM
6A Boys 100-meter Dash	11:34 AM	11:38 AM	5A Boys Long Jump (East Pit)	11:00 AM
4A Girls 400-meter Dash	11:42 AM	11:46 AM	5A Girls High Jump (West Apron)	1:00 PM
5A Girls 400-meter Dash	11:50 AM	11:54 AM	5A Boys Shot Put (East Pit)	1:45 PM
6A Girls 400-meter Dash	11:58 AM	12:02 PM		
4A Boys 400-meter Dash	12:06 PM	12:10 PM	6A Boys Long Jump (East Pit)	9:00 AM
5A Boys 400-meter Dash	12:14 PM	12:18 PM	6A Boys Shot Put (East Pit)	9:45 AM
6A Boys 400-meter Dash	12:22 PM	12:26 PM	6A Girls Long Jump (West Pit)	11:00 AM
4A Girls 100-meter High Hurdles	12:30 PM	12:34 PM	6A Boys Pole Vault (East Pit)	12:15 PM
5A Girls 100-meter High Hurdles	12:38 PM	12:42 PM	6A Girls Pole Vault (West Pit)	12:30 PM
6A Girls 100-meter High Hurdles	12:46 PM	12:50 PM	6A Boys Discus	1:00 PM
4A Boys 110-meter High Hurdles	12:54 PM	12:58 PM	6A Girls Javelin	1:00 PM
5A Boys 110-meter High Hurdles	1:02 PM	1:06 PM		
6A Boys 110-meter High Hurdles	1:10 PM	1:14 PM		
4A Girls 800-meter Run	1:18 PM	1:22 PM		
6A Girls 800-meter Run	1:26 PM	1:30 PM		
4A Boys 800-meter Run	1:34 PM	1:38 PM		
6A Boys 800-meter Run	1:42 PM	1:46 PM		
4A Girls 200-meter Dash	1:50 PM	1:54 PM		
5A Girls 200-meter Dash	1:58 PM	2:02 PM		
6A Girls 200-meter Dash	2:06 PM	2:10 PM		
4A Boys 200-meter Dash	2:14 PM	2:18 PM		
5A Boys 200-meter Dash	2:22 PM	2:26 PM		
6A Boys 200-meter Dash	2:30 PM	2:34 PM		
4A Girls 300-meter Low Hurdles	2:38 PM	2:42 PM		
5A Girls 300-meter Low Hurdles	2:46 PM	2:50 PM		
6A Girls 300-meter Low Hurdles	2:54 PM	2:58 PM		
4A Boys 300-meter Int. Hurdles	3:02 PM	3:06 PM		
5A Boys 300-meter Int. Hurdles	3:10 PM	3:14 PM		
6A Boys 300-meter Int. Hurdles	3:18 PM	3:22 PM		



2016 OSAA Track and Field State Championships

Friday Schedule - May 20, 2016



Running Events	Heat 1	Heat 2	Field Events	Time
1A Girls 4X100-meter Relay (Timed Final)	4:00 PM	4:04 PM	1A Boys Triple Jump (East Pit)	5:00 PM
2A Girls 4x100-meter Relay (Timed Final)	4:08 PM	4:12 PM	1A Boys Discus	4:45 PM
3A Girls 4x100-meter Relay (Timed Final)	4:16 PM	4:20 PM	1A Boys Javelin	7:00 PM
1A Boys 4x100-meter Relay (Timed Final)	4:24 PM	4:28 PM	1A Girls Shot Put (West Pit)	2:30 PM
2A Boys 4x100-meter Relay (Timed Final)	4:32 PM	4:36 PM	1A Girls Pole Vault (East Pit)	2:45 PM
3A Boys 4x100-meter Relay (Timed Final)	4:40 PM	4:44 PM	1A Girls Triple Jump (West Pit)	7:00 PM
1A Girls 1500-meter Run (Final)	4:48 PM			
2A Girls 1500-meter Run (Final)	4:55 PM		2A Boys Discus	3:00 PM
3A Girls 1500-meter Run (Final)	5:02 PM		2A Boys High Jump (East Apron)	4:00 PM
1A Boys 1500-meter Run (Final)	5:09 PM		2A Boys Javelin	5:00 PM
2A Boys 1500-meter Run (Final)	5:16 PM		2A Boys Triple Jump (East Pit)	7:00 PM
3A Boys 1500-meter Run (Final)	5:23 PM		2A Girls Triple Jump (West Pit)	3:00 PM
1A Girls 100-meter Dash (Final)	5:30 PM		2A Girls Shot Put (West Pit)	4:30 PM
2A Girls 100-meter Dash (Final)	5:34 PM		2A Girls Pole Vault (East Pit)	5:15 PM
3A Girls 100-meter Dash (Final)	5:38 PM			
1A Boys 100-meter Dash (Final)	5:42 PM		3A Boys Triple Jump (East Pit)	3:00 PM
2A Boys 100-meter Dash (Final)	5:46 PM		3A Boys Javelin	3:00 PM
3A Boys 100-meter Dash (Final)	5:50 PM		3A Boys High Jump (East Apron)	6:30 PM
1A Girls 400-meter Dash (Final)	5:54 PM		3A Boys Discus	6:30 PM
2A Girls 400-meter Dash (Final)	5:58 PM		3A Girls Pole Vault (West Pit)	3:00 PM
3A Girls 400-meter Dash (Final)	6:02 PM		3A Girls Triple Jump (West Pit)	5:00 PM
1A Boys 400-meter Dash (Final)	6:06 PM		3A Girls Shot Put (West Pit)	6:30 PM
2A Boys 400-meter Dash (Final)	6:10 PM			
3A Boys 400-meter Dash (Final)	6:14 PM			
1A Girls 100-meter High Hurdles (Final)	6:24 PM			
2A Girls 100-meter High Hurdles (Final)	6:28 PM			
3A Girls 100-meter High Hurdles (Final)	6:32 PM			
1A Boys 110-meter High Hurdles (Final)	6:36 PM			
2A Boys 110-meter High Hurdles (Final)	6:40 PM			
3A Boys 110-meter High Hurdles (Final)	6:44 PM			
1A Girls 800-meter Run (Final)	6:48 PM			
2A Girls 800-meter Run (Final)	6:52 PM			
3A Girls 800-meter Run (Final)	6:56 PM			
1A Boys 800-meter Run (Final)	7:00 PM			
2A Boys 800-meter Run (Final)	7:04 PM			
3A Boys 800-meter Run (Final)	7:08 PM			
1A Girls 200-meter Dash (Final)	7:12 PM			
2A Girls 200-meter Dash (Final)	7:16 PM			
3A Girls 200-meter Dash (Final)	7:20 PM			
1A Boys 200-meter Dash (Final)	7:24 PM			
2A Boys 200-meter Dash (Final)	7:28 PM			
3A Boys 200-meter Dash (Final)	7:32 PM			
1A Girls 300-meter Low Hurdles (Final)	7:42 PM			
2A Girls 300-meter Low Hurdles (Final)	7:46 PM			
3A Girls 300-meter Low Hurdles (Final)	7:50 PM			
1A Boys 300-meter Int. Hurdles (Final)	7:54 PM			
2A Boys 300-meter Int. Hurdles (Final)	7:58 PM			
3A Boys 300-meter Int. Hurdles (Final)	8:02 PM			
1A Girls 4x400-meter Relay (Timed Final)	8:06 PM	8:15 PM		
2A Girls 4x400-meter Relay (Timed Final)	8:23 PM	8:32 PM		
3A Girls 4x400-meter Relay (Timed Final)	8:40 PM	8:49 PM		
1A Boys 4x400-meter Relay (Timed Final)	8:57 PM	9:05 PM		
2A Boys 4x400-meter Relay (Timed Final)	9:13 PM	9:21 PM		
3A Boys 4x400-meter Relay (Timed Final)	9:29 PM	9:37 PM		



2016 OSAA Track and Field State Championships

Saturday Schedule - May 21, 2016



Running Events	Heat 1	Heat 2	Field Events	Time
4A Girls 4x100-meter Relay (Timed Final)	12:30 PM	12:34 PM	4A Girls Pole Vault (East Pit)	9:30 AM
5A Girls 4x100-meter Relay (Timed Final)	12:38 PM	12:42 PM	4A Boys High Jump (West Apron)	9:45 AM
6A Girls 4x100-meter Relay (Timed Final)	12:46 PM	12:50 PM	4A Girls Shot Put (West Pit)	12:30 PM
4A Boys 4x100-meter Relay (Timed Final)	12:54 PM	12:58 PM	4A Boys Triple Jump (East Pit)	12:45 PM
5A Boys 4x100-meter Relay (Timed Final)	1:02 PM	1:06 PM	4A Boys Javelin	1:00 PM
6A Boys 4x100-meter Relay (Timed Final)	1:10 PM	1:14 PM	4A Girls Triple Jump (West Pit)	2:15 PM
4A Girls 1500-meter Run (Final)	1:18 PM		4A Girls Discus	3:15 PM
5A Girls 1500-meter Run (Final)	1:25 PM			
6A Girls 1500-meter Run (Final)	1:32 PM		5A Boys Triple Jump (East Pit)	10:45 AM
4A Boys 1500-meter Run (Final)	1:39 PM		5A Boys Javelin	11:00 AM
5A Boys 1500-meter Run (Final)	1:46 PM		5A Girls Discus	11:15 AM
6A Boys 1500-meter Run (Final)	1:53 PM		5A Girls Pole Vault (East Pit)	12:00 PM
Para-athlete 100-meter (Final)	2:00 PM		5A Boys High Jump (East Apron)	12:15 PM
4A Girls 100-meter Dash (Final)	2:04 PM		5A Girls Triple Jump (West Pit)	12:15 PM
5A Girls 100-meter Dash (Final)	2:08 PM		5A Boys Pole Vault (East Pit)	2:30 PM
6A Girls 100-meter Dash (Final)	2:12 PM		5A Girls Shot Put (West Pit)	2:30 PM
4A Boys 100-meter Dash (Final)	2:16 PM			
5A Boys 100-meter Dash (Final)	2:20 PM		6A Boys High Jump (East Apron)	9:30 AM
6A Boys 100-meter Dash (Final)	2:24 PM		6A Girls Triple Jump (West Pit)	10:15 AM
4A Girls 400-meter Dash (Final)	2:28 PM		6A Girls Shot Put (West Pit)	10:30 AM
5A Girls 400-meter Dash (Final)	2:32 PM		6A Girls Discus	1:15 PM
6A Girls 400-meter Dash (Final)	2:36 PM		6A Boys Triple Jump (East Pit)	2:45 PM
4A Boys 400-meter Dash (Final)	2:40 PM		6A Girls High Jump (West Apron)	2:45 PM
5A Boys 400-meter Dash (Final)	2:44 PM		6A Boys Javelin	3:00 PM
6A Boys 400-meter Dash (Final)	2:48 PM			
Para-athlete 400-meter (Final)	2:58 PM			
4A Girls 100-meter High Hurdles (Final)	3:02 PM			
5A Girls 100-meter High Hurdles (Final)	3:06 PM			
6A Girls 100-meter High Hurdles (Final)	3:10 PM			
4A Boys 110-meter High Hurdles (Final)	3:14 PM			
5A Boys 110-meter High Hurdles (Final)	3:18 PM			
6A Boys 110-meter High Hurdles (Final)	3:22 PM			
4A Girls 800-meter Dash (Final)	3:26 PM			
5A Girls 800-meter Dash (Final)	3:30 PM			
6A Girls 800-meter Dash (Final)	3:34 PM			
4A Boys 800-meter Dash (Final)	3:38 PM			
5A Boys 800-meter Dash (Final)	3:42 PM			
6A Boys 800-meter Dash (Final)	3:46 PM			
4A Girls 200-meter Dash (Final)	3:50 PM			
5A Girls 200-meter Dash (Final)	3:54 PM			
6A Girls 200-meter Dash (Final)	3:58 PM			
4A Boys 200-meter Dash (Final)	4:02 PM			
5A Boys 200-meter Dash (Final)	4:06 PM			
6A Boys 200-meter Dash (Final)	4:10 PM			
4A Girls 300-meter Low Hurdles (Final)	4:20 PM			
5A Girls 300-meter Low Hurdles (Final)	4:24 PM			
6A Girls 300-meter Low Hurdles (Final)	4:28 PM			
4A Boys 300-meter Int. Hurdles (Final)	4:32 PM			
5A Boys 300-meter Int. Hurdles (Final)	4:36 PM			
6A Boys 300-meter Int. Hurdles (Final)	4:40 PM			
4A Girls 4x400-meter Relay (Timed Final)	4:44 PM	4:52 PM		
5A Girls 4x400-meter Relay (Timed Final)	5:00 PM	5:08 PM		
6A Girls 4x400-meter Relay (Timed Final)	5:16 PM	5:24 PM		
4A Boys 4x400-meter Relay (Timed Final)	5:32 PM	5:40 PM		
5A Boys 4x400-meter Relay (Timed Final)	5:48 PM	5:56 PM		
6A Boys 4x400-meter Relay (Timed Final)	6:04 PM	6:12 PM		



2016 OSAA Track and Field State Championships
High Jump, Pole Vault Starting Heights Increments



6A Boys High Jump

Start at 6'0"; 2" increments to 6'4"; 1" increments thereafter

6A Boys Pole Vault

Start at 13'0"; 6" increments to 13'6"; 3" increments thereafter

6A Girls High Jump

Start at 5'0"; 2" increments to 5'2"; 1" increments thereafter

6A Girls Pole Vault

Start at 10'0"; 6" increments to 11'0"; 3" increments thereafter

5A Boys High Jump

Start at 6'0"; 1" increments thereafter

5A Boys Pole Vault

Start at 12'6"; 6" increments to 13'0"; 3" increments thereafter

5A Girls High Jump

Start at 4'10"; 2" increments to 5'2"; 1" increments thereafter

5A Girls Pole Vault

Start at 9'0"; 6" increments to 11'0"; 3" increments thereafter

4A Boys High Jump

Start at 5'8"; 2" increments to 6'2"; 1" increments thereafter

4A Boys Pole Vault

Start at 12'6"; 6" increments to 14'0"; 3" increments thereafter

4A Girls High Jump

Start at 4'10"; 2" increments to 5'0"; 1" increments thereafter

4A Girls Pole Vault

Start at 9'0"; 6" increments to 10'6"; 3" increments thereafter

3A Boys High Jump

Start at 5'8"; 2" increments to 6'0"; 1" increments thereafter

3A Boys Pole Vault

Start at 10'0"; 6" increments to 13'0"; 3" increments thereafter

3A Girls High Jump

Start at 4'8"; 2" increments to 5'0"; 1" increments thereafter

3A Girls Pole Vault

Start at 7'0"; 6" increments to 8'6"; 3" increments thereafter

2A Boys High Jump

Start at 5'6"; 2" increments to 6'0"; 1" increments thereafter

2A Boys Pole Vault

Start at 11'0"; 6" increments to 13'0"; 3" increments thereafter

2A Girls High Jump

Start at 4'6"; 2" increments to 5'0"; 1" increments thereafter

2A Girls Pole Vault

Start at 7'6"; 6" increments to 9'0"; 3" increments thereafter

1A Boys High Jump

Start at 5'6"; 2" increments to 6'0"; 1" increments thereafter

1A Boys Pole Vault

Start at 10'0"; 6" increments to 12'6"; 3" increments thereafter

1A Girls High Jump

Start at 4'6"; 2" increments to 4'10"; 1" increments thereafter

1A Girls Pole Vault

Start at 7'0"; 6" increments to 8'6"; 3" increments thereafter