

2019 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

5A Boys High Jump

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

6A Boys Pole Vault

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

5A Boys Pole Vault

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

6A Girls High Jump

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

5A Girls High Jump

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

6A Girls Pole Vault

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

5A Girls Pole Vault

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

**2019 OSAA Track and Field State Championships
Friday FINAL Schedule - May 24, 2019**

Running Events	Heat 1	Heat 2	Field Events	Time
5A Girls 3000-meter Run (Final)	2:00 PM		6A Boys Pole Vault	12:00 PM
6A Girls 3000-meter Run (Final)	2:15 PM		6A Girls Javelin	12:30 PM
5A Boys 3000-meter Run (Final)	2:30 PM		6A Boys Triple Jump	1:00 PM
6A Boys 3000-meter Run (Final)	2:43 PM		6A Girls Long Jump	1:30 PM
5A Girls 100-meter Dash	2:56 PM	3:00 PM	6A Girls High Jump	3:00 PM
6A Girls 100-meter Dash	3:04 PM	3:08 PM	6A Boys Javelin	3:30 PM
5A Boys 100-meter Dash	3:12 PM	3:16 PM	6A Boys Shot Put	4:00 PM
6A Boys 100-meter Dash	3:20 PM	3:24 PM		
5A Girls 400-meter Dash	3:28 PM	3:32 PM	5A Boys Shot Put	11:00 AM
6A Girls 400-meter Dash	3:36 PM	3:40 PM	5A Girls High Jump	12:30 PM
5A Boys 400-meter Dash	3:44 PM	3:48 PM	5A Girls Javelin	11:00 AM
6A Boys 400-meter Dash	3:52 PM	3:56 PM	5A Boys Javelin	2:00 PM
5A Girls 100-meter High Hurdles	4:06 PM	4:10 PM	5A Boys Pole Vault	2:30 PM
6A Girls 100-meter High Hurdles	4:14 PM	4:18 PM	5A Boys Triple Jump	3:00 PM
5A Boys 110-meter High Hurdles	4:22 PM	4:26 PM	5A Girls Long Jump	3:30 PM
6A Boys 110-meter High Hurdles	4:30 PM	4:34 PM		
5A Girls 800-meter Run	4:40 PM	4:44 PM		
6A Girls 800-meter Run	4:48 PM	4:52 PM		
5A Boys 800-meter Run	4:56 PM	5:00 PM		
6A Boys 800-meter Run	5:04 PM	5:08 PM		
5A Girls 200-meter Dash	5:12 PM	5:16 PM		
6A Girls 200-meter Dash	5:20 PM	5:24 PM		
5A Boys 200-meter Dash	5:28 PM	5:32 PM		
6A Boys 200-meter Dash	5:36 PM	5:40 PM		
5A Girls 300-meter Low Hurdles	5:50 PM	5:54 PM		
6A Girls 300-meter Low Hurdles	5:58 PM	6:02 PM		
5A Boys 300-meter Int. Hurdles	6:06 PM	6:10 PM		
6A Boys 300-meter Int. Hurdles	6:14 PM	6:18 PM		

**2019 OSAA Track and Field State Championships
Saturday FINAL Schedule - May 25, 2019**

Running Events	Heat 1	Heat 2	Field Events	Time
5A Girls 4X100-meter Relay (Timed Final)	1:30 PM	1:34 PM	6A Boys Discus	11:00 AM
6A Girls 4x100-meter Relay (Timed Final)	1:38 PM	1:42 PM	6A Girls Pole Vault	12:30 PM
5A Boys 4x100-meter Relay (Timed Final)	1:46 PM	1:50 PM	6A Boys Long Jump	12:30 PM
6A Boys 4x100-meter Relay (Timed Final)	1:54 PM	1:58 PM	6A Girls Discus	2:00 PM
Para-athlete 1500-meter (Final)	2:08 PM		6A Boys High Jump	2:30 PM
5A Girls 1500-meter Run (Final)	2:18 PM		6A Girls Shot Put	3:30 PM
6A Girls 1500-meter Run (Final)	2:25 PM		6A Girls Triple Jump	4:00 PM
5A Boys 1500-meter Run (Final)	2:32 PM			
6A Boys 1500-meter Run (Final)	2:39 PM		5A Boys High Jump	12:00 PM
Para-athlete 100-meter (Final)	2:46 PM		5A Boys Discus	12:30 PM
5A Girls 100-meter Dash (Final)	2:53 PM		5A Girls Shot Put	1:30 PM
6A Girls 100-meter Dash (Final)	2:57 PM		5A Girls Triple Jump	2:00 PM
5A Boys 100-meter Dash (Final)	3:01 PM		5A Boys Long Jump	2:30 PM
6A Boys 100-meter Dash (Final)	3:05 PM		5A Girls Pole Vault	3:00 PM
Para-athlete 400-meter (Final)	3:12 PM		5A Girls Discus	3:30 PM
5A Girls 400-meter Dash (Final)	3:19 PM			
6A Girls 400-meter Dash (Final)	3:23 PM		Para-athlete Shot Put	12:30 PM
5A Boys 400-meter Dash (Final)	3:27 PM			
6A Boys 400-meter Dash (Final)	3:31 PM			
5A Girls 100-meter High Hurdles (Final)	3:41 PM			
6A Girls 100-meter High Hurdles (Final)	3:45 PM			
5A Boys 110-meter High Hurdles (Final)	3:49 PM			
6A Boys 110-meter High Hurdles (Final)	3:53 PM			
5A Girls 800-meter Run (Final)	4:07 PM			
6A Girls 800-meter Run (Final)	4:11 PM			
5A Boys 800-meter Run (Final)	4:15 PM			
6A Boys 800-meter Run (Final)	4:19 PM			
5A Girls 200-meter Dash (Final)	4:23 PM			
6A Girls 200-meter Dash (Final)	4:27 PM			
5A Boys 200-meter Dash (Final)	4:31 PM			
6A Boys 200-meter Dash (Final)	4:35 PM			
5A Girls 300-meter Low Hurdles (Final)	4:45 PM			
6A Girls 300-meter Low Hurdles (Final)	4:49 PM			
5A Boys 300-meter Int. Hurdles (Final)	4:53 PM			
6A Boys 300-meter Int. Hurdles (Final)	4:57 PM			
5A Girls 4x400-meter Relay (Timed Final)	5:11 PM	5:20 PM		
6A Girls 4x400-meter Relay (Timed Final)	5:29 PM	5:38 PM		
5A Boys 4x400-meter Relay (Timed Final)	5:47 PM	5:56 PM		
6A Boys 4x400-meter Relay (Timed Final)	6:05 PM	6:14 PM		