



2019 OSAA Track and Field State Championships Para-Athlete Qualifying Standards

The following standards must be met at the qualifying meet to qualify for the OSAA Track and Field State Championships. Para-athletes may compete in up to four events if they meet or exceed the established qualifying time/mark in each event.

Wheelchair Division Standards

EVENT	BOYS	GIRLS
100-meter	0:40	0:45
400-meter	2:10	2:30
1500-meter	7:37	8:14
Shot put	15' (4K)	12' (6lb)

Ambulatory Division Standards

EVENT	BOYS	GIRLS
100-meter	0:25	0:30
400-meter	1:50	2:00
1500-meter	7:45	8:30
Shot put	15' (4K)	12' (6lb)