



OSAA / OnPoint Community Credit Union
2019 TRACK & FIELD STATE CHAMPIONSHIPS

Presented by NIKE
6A, 5A – May 24-25, 2019
Mt Hood Community College
26000 SE Stark Street, Gresham, OR 97030



ADMINISTRATIVE INFORMATION

Additional information available on the OSAA website, <http://www.osaa.org/activities/btf>

1. **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 (<http://www.osaa.org>) and distributed to statewide media outlets.

2. **NEW OSAA LIVE MOBILE APP:** <http://www.osaa.org/app>



The new OSAA Live mobile app allows you to:

- Access OSAA State Championship Programs
- Follow your favorite teams
- Get updated schedules, scores, and rankings

Download the OSAA Live mobile app using the QR code above or find it in the App Store or in Google Play by searching for “OSAA Live”.

3. **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.

Friday

Gates open at 10am

Track open 12:30pm – 1:30pm

Field Events begin – 11am

Running Events begin – 2pm

Saturday

Gates open 10am

Track open Noon – 1pm

Field Events begin – 11am

Running Events begin – 1:30pm

4. **ADMISSION:** All persons must have a ticket or pass to enter.

A. **General Admission Tickets:**

- 1) **Friday OR Saturday** Adults – \$12 Students – \$5
2) **Friday AND Saturday – Two Day Pass** Adults – \$24 Students – \$10

B. **Finals site:**

- 1) Gates open 10am each day.
- 2) Will Call is located at the Spectator Entrance.
- 3) No personal checks or American Express cards accepted.
- 4) Cash, VISA / MasterCard accepted at this site.

C. **Online Tickets:** <http://www.osaa.org/shop/tickets>

The OSAA and GoFan are working together to bring digital ticketing to our State Championship events. Spectators will now be able to purchase their tickets online any time, including, the day of the event and truly skip the lines as they enter.

Cost Structure:

- ADULT Ticket: GoFan / \$12 + \$1.60 Convenience Fee per ticket; Finals Site Box Office / \$12
- STUDENT Ticket: GoFan / \$5 + \$1.25 Convenience Fee per ticket; Finals Site Box Office / \$5
- ADULT TWO DAY Ticket: GoFan / \$24 + \$2.20 Convenience Fee per ticket, Finals Site Box Office / \$24
- STUDENT TWO DAY Ticket: GoFan / \$10 + \$1.50 Convenience Fee per ticket, Finals Site Box Office / \$10

- D. **Member School Discount Tickets:** Each school may purchase up to six discount tickets for \$20 each. The athletic director or principal must complete the form and the tickets must be paid for when ordered.
- E. **Complimentary Tickets:** There are no administrative complimentary tickets in individual sports.
- F. **Bus Drivers:** Schools are responsible for all bus driver admissions. The OSAA does not provide passes for bus drivers.
- G. **Passes:** ONLY the OSAA Gold Card, OSAA VIP, OSAA Media, Track & Field Media and Track & Field Discount tickets, 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.
5. **EXPENSES:** <http://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 2018-19 Reimbursement Formula.
6. **LODGING AND VISITOR INFORMATION:** Schools are to make their own arrangements for lodging.
- A. **Headquarter Hotel – Comfort Inn – Columbia Gorge Gateway:** <https://www.choicehotels.com/oregon/troutdale/comfort-inn-hotels/or218?source=gxyt>
The Comfort Inn is the OSAA Headquarter Hotel for Track and Field. Contact Loree Harrell at 503.891.4988 for reservations.
- B. **Overflow Hotel–Radisson RED-Portland:** https://www.radissonred.com/portland/?s_cid=os.amer-us-red-USARRPO-gmb
The Radisson Red Portland is the OSAA Headquarter Hotel for Track and Field. Call 503-334-2167 for reservations.
7. **SPECTATOR CONDUCT AT OSAA SANCTIONED EVENTS** (OSAA Handbook, Executive Board Policies) (Revised Winter 2015)
In addition to the general expectations included in the OSAA Constitution, Rule 3, that school officials "...shall take all reasonable measures to ensure that the school's students and supporters maintain a sportsmanlike attitude toward all events..." the following specific expectations regarding spectator conduct at all OSAA sanctioned events, including regular and post season competition, are provided:
- A. All cheers, comments and actions shall be in direct support of one's team. No cheers, comments or actions shall be directed at one's opponent or at contest officials. Some examples of inappropriate conduct or actions that are not permitted are: turning backs, holding up newspapers or jeering at cheerleaders during opposing team introductions; disrespecting players by name, number or position; negative cheers or chants; throwing objects on the floor.
- B. Spectators are not permitted to have signs or banners (larger than 8 ½ by 11 inches), confetti, balloons or glass containers. "Fathead" type items are considered signs and shall not be larger than 8 ½ by 11 inches. Spectators are required to wear shirts.
- C. Spectators are not permitted to have artificial noisemakers. Some examples of artificial noisemakers are Thunder Stix, cowbells, clappers and air horns.
- D. Spectators shall not be permitted to use vulgar/offensive or racially/culturally insensitive language. Spectators shall not be permitted to engage in any racially / culturally insensitive action.
- E. Spectators who fail to comply with Association or site management spectator conduct expectations may be expelled from the contest.
8. **PARKING:** Parking permits are not required to park at any of the MHCC campuses except for designated disabled, carpool, guest and vendor parking spaces. Mt. Hood Community College has 2,800 parking spaces. While the front west lots A - H and W - Y fill up quicker, parking spaces are available in the back-east lots J - P and in the south lots Q - V. Additional information outlining parking options can be found at <https://www.mhcc.edu/parkinginformation/>.
9. **BUS PARKING:** Buses that carry more than 15 passengers will be required to unload at a park off-site at a designated location. Instructions will be provided to all participating teams prior to the Championships.

COACH / TEAM INFORMATION

Additional information available on the OSAA website, <http://www.osaa.org/activities/btf>

PRE-STATE CHAMPIONSHIPS

1. **POSTING TIMELINE:** <http://www.osaa.org/activities/btf>
- A. All entry names and marks for each event will be posted on the OSAA website, on Sunday, May 19 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.*)

- A. **Sunday** – CONTACT Julie Hilsenteger, 503.449.5538, or email julie_hilsenteger@centennial.k12.or.us
- B. **Monday – Wednesday** – EMAIL Brad at bradg@osaa.org

CORRECTIONS MADE AFTER 8am ON MONDAY, MAY 20 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 – May 20)** 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 – May 20)** preceding the state championship, an individual may drop from one or more events in which he/she is 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 – May 20)** preceding the state championship, the participant who has qualified in multiple events must compete in all qualified events or he/she shall be scratched from all events in which the participant has qualified.
 - 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 – May 20)** deadline. However, after the established Monday 4pm **(6A, 5A – May 20)** deadline, any of the entered relay team members may be replaced by the Wednesday 4pm **6A, 5A – May 22)** deadline by an athlete already in the meet. If only four or five relay members are entered by the Monday 4pm **(6A, 5A – May 20)** 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) **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 **(6A, 5A – Wednesday / May 22)** (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.

Sunday – CONTACT Julie Hilsenteger, 503.449.5538 or email julie_hilsenteger@centennial.k12.or.us

Monday – Wednesday – EMAIL Brad at bradg@osaa.org

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' numbers must be worn to be admitted through any gate. Participants' numbers must be worn to be admitted onto the infield for competition. After competition, participants must leave the infield.
- B. **Coaches:** All coaches may enter through any gate. Coaches' passes will be punched upon entry for all days.

2. PACKET PICK-UP:

- A. **Thursday:** MHCC, Yoshida Center, 4pm – 6:30pm
- B. **Friday and Saturday:** MHCC, Yoshida Center, 9am – 11am
- C. **6A, 5A Packet Contents:** 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.*** <http://www.osaa.org/activities/btf/results>
 - 4) ***Programs available online only.*** <http://www.osaa.org/programs>
 - 5) Additional State Championship Information.

- 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 his or her 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 TO THIS RULE IS THAT OF THE PARTICIPANT, NOT THE CHAMPIONSHIP OFFICIALS** (see NFHS Rule 4-3-1).

- 5. **TIME SCHEDULE:** Actual time schedule for preliminary running events will be determined when the necessary number of heats is known for each event.

Friday

Gates open at 10am
Track open 12:30pm – 1:30pm
Field Events begin – 11am
Running Events begin – 2pm

Saturday

Gates open 10am
Track open Noon – 1pm
Field Events begin – 11am
Running Events begin – 1:30pm

6. COACH / PARTICIPANT SEATING:

- A. 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.
- B. All participants are requested to please remove shoes with spikes before entering the grandstands.

7. WARM-UP:

- A. **Track Events:** Warm-up space is limited. The track will be open for one hour to all athletes prior to the start of running events each day.

- B. **Field Events:** Participants will be allowed on the field 45 minutes (exception – Pole Vault is one hour) before their event is scheduled to begin. No throwing of implements at any other area than the designated competition area.

8. 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.

9. IMPLEMENTS AND EQUIPMENT:

- A. 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. Mt. Hood Community College and the OSAA cannot be responsible for taking care of your implements.
- B. All schools will be advised that all implements must be checked in through weights and measures. 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.
- C. Starting blocks will be furnished.
- D. Relay batons will be furnished.
- E. 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.

F. Spike Information

- 1) Athletes may use only pyramid or Christmas tree spikes that do not exceed 7mm (1/4") in length for all running events, the long jump and the triple jump. Coaches will be able to purchase 7mm (1/4") spikes at packet pick-up on Thursday.
- 2) High jumpers and javelin throwers must use a 9mm (3/8") spike. 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 9mm (3/8") spikes at packet pick-up on Thursday.
- 3) No pin spikes will be allowed on the competition, warm-up or practice tracks.

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

11. WEIGH-IN OF IMPLEMENTS: Yoshida Center, MHCC

Thursday – 4pm – 6:30pm **Friday and Saturday** – 9am to 2pm

12. POLE VAULT WEIGH-IN: Yoshida Center, MHCC

- 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.

Yoshida Center	Friday		Saturday	
5A	Boys	12:30pm – 1:30pm	Girls	1pm – 2pm
6A	Boys	10am – 11am	Girls	10:30am – 11:30am

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

14. 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 20 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 10 minutes prior to the scheduled start of the event. All participants will be given the first warning regarding legal uniform.
- 7) Participants not completed steps 1-6 listed above will be scratched from the event.

B. **Field Events:** In preliminary rounds, all participants should report to the event area 30 minutes prior to the scheduled start. Final call will be made 15 minutes prior to the start of the event. At this time, all participants, regardless of assigned flight, must report to the Field Judge at the event location. Participants not reporting for initial instructions by the Head Event Official shall be scratched from the event.

15. **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.

16. **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.

17. **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 weights and measures 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 persons 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.

18. **SURFACES:**

- A. **Track** – Urethane, with 48" lanes.
- B. **Long Jump, Pole Vault, High Jump, Javelin approaches** – Urethane
- C. **Shot and Discus circles** – brushed concrete

19. **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 iPods, radios, headphones, walkmans, 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.

20. **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 he / she checks 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.

21. **RESULTS AND LANE ASSIGNMENTS:** Championship results will not be distributed to coaches. Complete results will be posted on the OSAA website throughout each day.
22. **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.
23. **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.”
24. **ATHLETIC TRAINERS** will be available Friday and Saturday located in the medical tent 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.
25. **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.
26. **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.
27. **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 MHCC website <https://www.mhcc.edu/studentunion/> for instructions on claiming any missing items.
28. **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 Saturday.
 - 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.
29. **STATE CHAMPIONSHIP RESULTS:** <http://www.osaa.org/activities/btf>
- 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, <http://www.osaa.org/shop>

1. **SPORTS U MERCHANDISE:** <http://www.osaastore.com>
- A. **Finals Site:** Sports U will be onsite with a wide variety of Track & Field State Championship souvenir merchandise. Stop by the merchandise booth to purchase t-shirts, sweatshirts, letterman patches, lapel pins, hats and much more. Items not sold at the event will be available for purchase online after the state championships while supplies last.
 - B. **Official Letterman Patches:** Get your official OSAA Track & Field 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 in any OSAA activity by ordering online.
 - C. **Sports U Contact Information:** Sports U is the official merchandise vendor of the OSAA. For more information, contact Sports U at 503.227.2051 or via email at erics@sportsu-store.com.

2. **NORTHWEST SPORTS PHOTOGRAPHY (NSP):** <http://www.4nsp.com/PhotosAction.aspx>

- A. **Action and Awards Photos:** NSP will shoot photos throughout Friday and Saturday during all field and running events. Photos taken on Friday will be available for purchase on 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:** <http://www.osaa.org/programs> *Programs available online only.*



The 4A, 3A and 2A, 1A Track and Field Championship programs will be available Wednesday, May 15. The 6A, 5A program will be available Wednesday, May 22. Programs include the meet schedule, heat sheets, entries by school, historical state championship records and a color map of all OSAA member schools.

Programs available on the OSAA Live mobile app and online. Download the *OSAA Live* mobile app from the App Store or Google Play by searching for "OSAA Live".

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

The NFHS Network will stream LIVE video of a majority of the Track & Field State Championships. Subscription fee is \$9.95 per month. Events will be archived for free viewing 72 hours after the event's conclusion. Order DVD's online.

5. **MINI REPLICA TROPHIES:** <http://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 \$65 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



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2019 TRACK & FIELD STATE CHAMPIONSHIPS

Presented by NIKE
4A, 3A, 2A, 1A – May 17-18, 2019
6A, 5A – May 24-25, 2019



QUALIFICATION & SEEDING CRITERIA

1. CHAMPIONSHIP QUALIFICATIONS:

- A. All District Meets will follow 2019 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 two 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 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 each of the four 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.***
- F. **2A:**
- 1) ***Automatic Qualifiers – Top two placers in each individual and relay event at each of the five 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 two additional spots for the next fastest times / marks from each of the five special district meet finals.
- 3) **Qualifying Standards** – Championship finalists in individual and relay events at each of the five 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 three additional spots for the next fastest times / marks from each of the four 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 7-3 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 7-4-17 or 7-5-30.

I. **Vertical Jump Maximum Starting Heights and Required Increments:**

All vertical jump maximum starting heights and required increments have been standardized across classification and gender.

- Girls High Jump – maximum starting height listed below; 2" increments for the next 10"; 1" increments thereafter.
- Girls Pole Vault – maximum starting height listed below; 6" increments for the next 3'; 3" increments thereafter.
- Boys High Jump – maximum starting height listed below; 2" increments for the next 10"; 1" increments thereafter.
- Boys Pole Vault – maximum starting height listed below; 6" increments for the next 3'6"; 3" increments thereafter.

- J. **Maximum Starting Heights:** Leagues/Districts may set a lower starting height but starting height may not exceed the height listed below. If lowering a maximum starting height, it must correspond to the increments listed in E. above. (e.g. max starting height is 4'6"; 2-inch increments so next lowest height is 4'4, next lowest is 4'2", etc.).

2019 Maximum Starting Heights – All Classifications						
	6A	5A	4A	3A	2A	1A
Girls HJ	4'2"	4'2"	4'0"	4'0"	4'0"	4'0"
Girls PV	6'8"	6'5"	6'0"	6'0"	5'9"	5'10"
Boys HJ	5'2"	5'2"	5'0"	5'0"	5'0"	5'0"
Boys PV	9'3"	8'8"	7'10"	7'5"	8'7"	8'2"

- K. **Para-Athletes:** The top nine times/marks statewide from the different Districts Meets combined in the 100M, 400M, 1500M and Shot Put automatically qualifies regardless of gender or disability. Documentation of the disability must be provided to the OSAA prior to competing in the district meet. If more than nine students compete in district meets, the OSAA will explore splitting out the events by gender (creating 100M boys, 100M for girls, 400M for boys and 400M for girls, etc.).

- 1) The para-athlete division will include wheelchair participants and ambulatory participants. Definitions of athletes eligible to compete in this division are as follows:
 - a) Wheelchair - All athletes with a permanent physical disability on file with the school. All athletes in grades 9-12 must meet OSAA eligibility requirements.
 - b) Ambulatory - All athletes shall have a permanent orthopedic, neuromuscular or other physical disability. This would include Visually Impaired, Cerebral Palsy, Dwarf and Amputees. Permanent orthopedic impairment shall be verified by a licensed physician and maintained on permanent file at the school. All athletes in grades 9-12 must meet OSAA eligibility requirements.

- 2) Para-athletes may enter a maximum of four events provided the athlete meets the minimum qualifying standard established for the event. Para-athlete qualifying standards can be found at <http://www.osaa.org/docs/btf/paraqualifyingstandards.pdf>.
- 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 for both events at the State Championships.
- 4) To facilitate training and competition for para-athletes it is recommended that all leagues/conferences/districts should include a para-athlete 100M, 400M, 1500M and Shot Put in your event schedules this year. 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.

2. **PRELIMINARIES – SEEDING:**

- A. **Hand timed vs. FAT** – As per Rule 3-9-8, 2019 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).” 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 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 3-9-8, 2019 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, 2019 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.



Oregon School Activities Association
25200 SW Parkway Avenue, Suite 1
Wilsonville, OR 97070
503.682.6722 fax: 503.682.0960 www.osaa.org



2019 Track & Field State Championships Qualifying Standards

Boys

Updated 4/2/19

	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	HAND		FAT	HAND		FAT	HAND		FAT	HAND		FAT	HAND		FAT	HAND	
100	10.80	10.5		11.15	10.9		11.23	10.9		11.43	11.1		11.62	11.3		11.60	11.3	
200	21.93	21.6		22.51	22.2		22.90	22.6		23.08	22.8		23.45	23.2		23.51	23.2	
400	49.07	48.8		50.65	50.4		51.39	51.1		51.78	51.5		52.27	52.0		52.26	52.0	
800	1:55.13	1:54.8		1:57.64	1:57.4		2:00.20	1:59.9		2:02.35	2:02.1		2:03.38	2:03.1		2:03.90	2:03.6	
1500	3:56.89	3:56.6		4:01.22	4:00.9		4:09.89	4:09.6		4:14.82	4:14.5		4:14.81	4:14.5		4:20.74	4:20.5	
3000	8:36.01	8:35.7		8:47.70	8:47.4		9:01.75	9:01.5		9:22.38	9:22.1		9:19.50	9:19.2		9:34.50	9:34.2	
110 High Hurdles	14.83	14.5		15.29	15.0		15.44	15.2		16.10	15.8		16.55	16.3		16.25	16.0	
300 Int Hurdles	39.07	38.8		40.55	40.3		40.70	40.4		41.91	41.6		43.02	42.7		42.05	41.8	
Long Jump		22-3			21-5			21-0			20-10			20-4			20-2	
Triple Jump		45-2			44-0			42-8			42-4			41-2			41-4	
Shot Put		51-10			52-5			50-0			45-10			45-8			42-1	
Discus		157-6			161-5			145-10			136-10			130-3			127-2	
Javelin		181-5			171-11			173-7			159-11			153-2			152-7	
High Jump		6-4			6-4			6-2			6-1			6-1			6-0	
Pole Vault		13-9			13-9			13-5			12-9			12-1			11-11	

(Three-year average of third place)

4x100 Relay	42.37	42.1	43.28	43.0	43.54	43.3	44.78	44.5	45.70	45.4	45.78	45.5
4x400 Relay	3:21.67	3:21.4	3:26.44	3:25.2	3:27.96	3:27.7	3:32.69	3:32.4	3:35.32	3:35.0	3:36.47	3:36.2



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2019 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	HAND		FAT	HAND		FAT	HAND		FAT	HAND		FAT	HAND		FAT	HAND	
100	12.24	12.0		12.52	12.2		12.56	12.3		12.88	12.6		13.13	12.8		13.18	12.9	
200	25.19	24.9		25.78	25.5		25.96	25.7		26.62	26.3		27.15	26.9		27.12	26.8	
400	57.88	57.6		59.27	59.0		1:00.33	1:00.0		1:01.03	1:00.7		1:01.38	1:01.1		1:02.26	1:02.0	
800	2:14.37	2:14.1		2:20.75	2:20.5		2:23.42	2:23.1		2:24.96	2:24.7		2:26.13	2:25.8		2:31.56	2:31.3	
1500	4:36.20	4:35.9		4:45.60	4:45.3		4:51.99	4:51.7		5:01.56	5:00.3		5:02.98	5:02.7		5:09.75	5:09.5	
3000	10:08.21	10:07.9		10:32.20	10:31.9		10:34.61	10:34.3		11:03.40	11:03.1		10:59.15	11:58.9		11:32.70	11:32.4	
100 High Hurdles	15.00	14.7		15.69	15.4		15.93	15.6		16.38	16.1		17.22	16.9		17.21	16.9	
300 Int Hurdles	45.60	45.3		46.50	46.2		47.09	46.8		48.72	48.4		49.50	49.2		48.87	48.6	
Long Jump		17-8			17-0			16-9			15-11			15-10			15-9	
Triple Jump		37-3			35-6			35-1			34-4			33-6			33-3	
Shot Put		39-9			36-10			39-0			35-9			35-9			33-1	
Discus		129-11			118-1			120-4			115-5			114-7			100-1	
Javelin		134-10			122-7			122-4			125-0			111-7			111-4	
High Jump		5-4			5-2			5-2			5-0			5-0			4-11	
Pole Vault		11-3			10-10			10-3			9-6			8-10			8-3	

(Three-year average of third place)

4x100 Relay	48.16	47.9	49.59	49.3	50.29	50.0	51.23	50.9	51.8	52.05	53.27	53.0
4x400 Relay	3:58.99	3:58.7	4:04.31	4:04.0	4:09.14	4:08.9	4:11.57	4:11.3	4:15.8	4:15.07	4:24.95	4:24.7



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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)

2019 OSAA Track and Field State Championships
High Jump, Pole Vault Starting Heights Increments

6A Boys High Jump

Start at XX; 2" increments to XX; 1" increments thereafter

5A Boys High Jump

Start at XX; 2" increments to XX; 1" increments thereafter

6A Boys Pole Vault

Start at XX; 6" increments to XX; 3" increments thereafter

5A Boys Pole Vault

Start at XX; 6" increments to XX; 3" increments thereafter

6A Girls High Jump

Start at XX; 2" increments to XX; 1" increments thereafter

5A Girls High Jump

Start at XX; 2" increments to XX; 1" increments thereafter

6A Girls Pole Vault

Start at XX; 6" increments to XX; 3" increments thereafter

5A Girls Pole Vault

Start at XX; 6" increments to XX; 3" increments thereafter

2019 OSAA Track and Field State Championships
Friday TENTATIVE 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	4:38 PM	4:42 PM		
6A Girls 800-meter Run	4:46 PM	4:50 PM		
5A Boys 800-meter Run	4:54 PM	4:58 PM		
6A Boys 800-meter Run	5:02 PM	5:06 PM		
5A Girls 200-meter Dash	5:10 PM	5:14 PM		
6A Girls 200-meter Dash	5:18 PM	5:22 PM		
5A Boys 200-meter Dash	5:26 PM	5:30 PM		
6A Boys 200-meter Dash	5:34 PM	5:38 PM		
5A Girls 300-meter Low Hurdles	5:48 PM	5:52 PM		
6A Girls 300-meter Low Hurdles	5:56 PM	6:00 PM		
5A Boys 300-meter Int. Hurdles	6:04 PM	6:08 PM		
6A Boys 300-meter Int. Hurdles	6:12 PM	6:16 PM		

2019 OSAA Track and Field State Championships
Saturday TENTATIVE 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		



OSAA / OnPoint Community Credit Union
2019 TRACK & FIELD STATE CHAMPIONSHIPS

Presented by NIKE

4A, 3A, 2A, 1A – May 17-18, 2019

6A, 5A, – May 24-25, 2019



April 2019

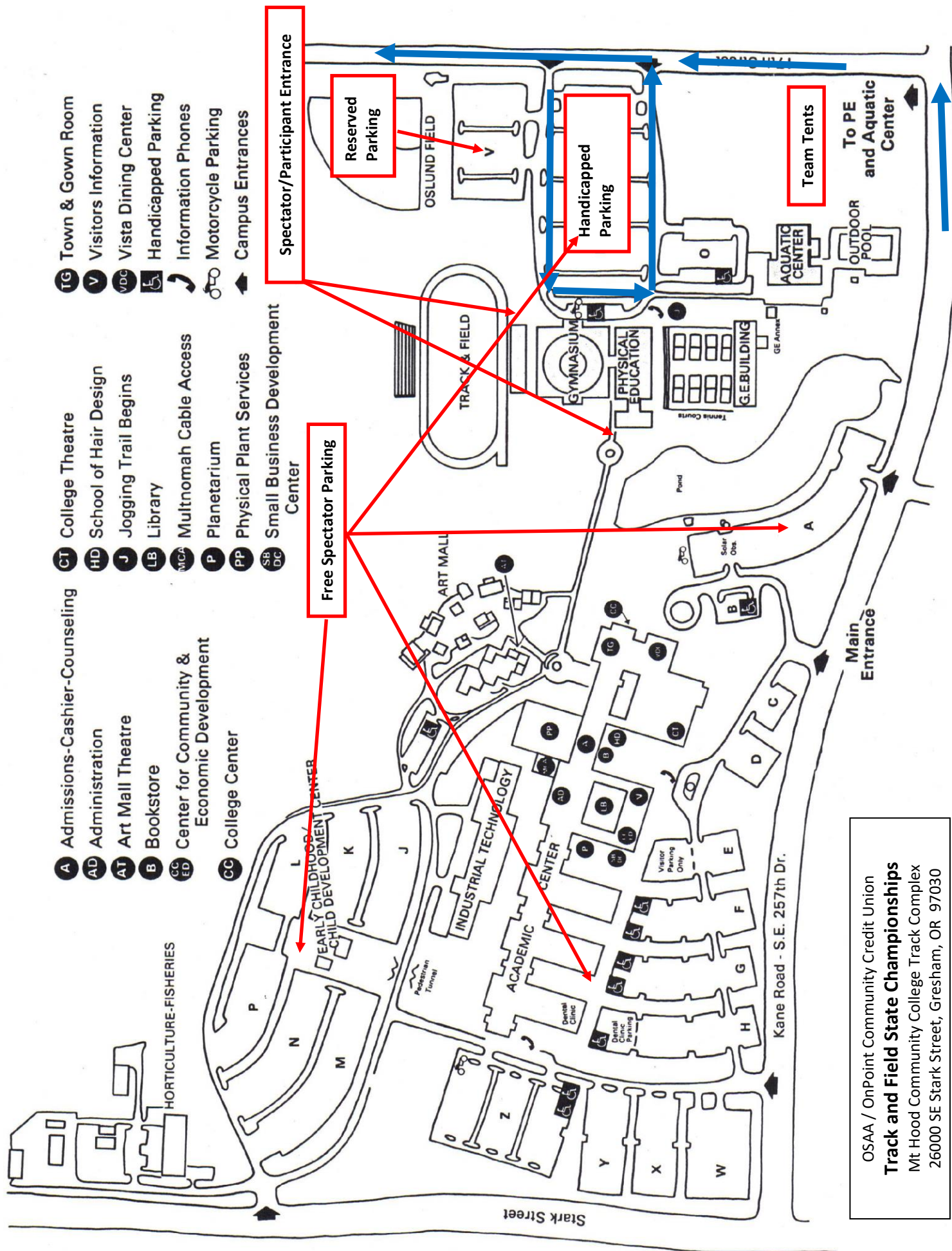
TO: Track and Field Coaches
FROM: Brad Garrett, Assistant Executive Director
SUBJECT: Policy / Rule Reminders for Track and Field State Championships

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 6-2-5 – ART. 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 the Running Event Clerks at least 20 minutes prior to the start of the race. 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. 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 iPods, radios, headphones, walkmans, 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.

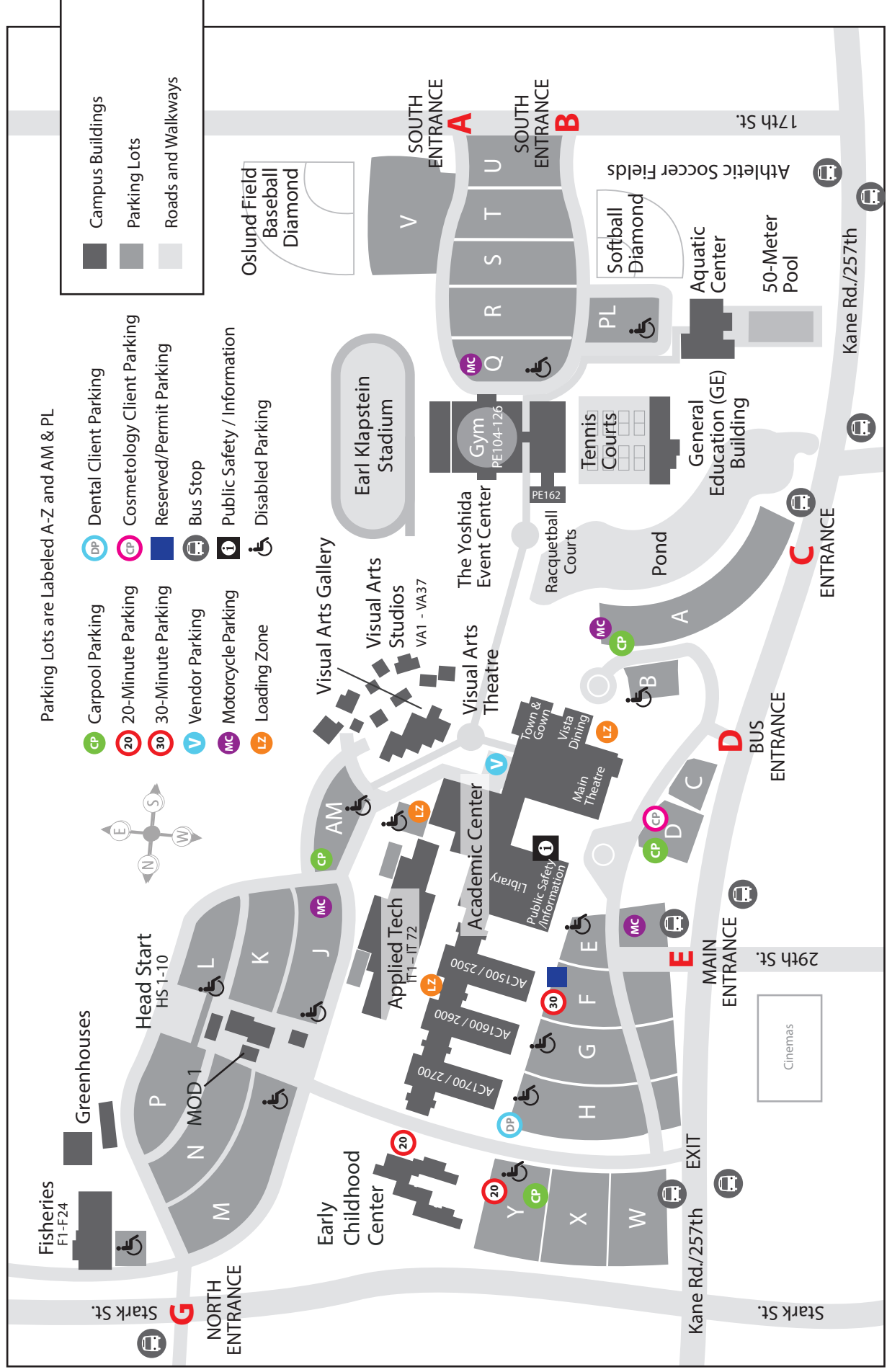
Note: It is understood that passing on attempts in field events is a strategy in those events and is not considered a question of honest effort.



OSAA / OnPoint Community Credit Union
Track and Field State Championships
 Mt Hood Community College Track Complex
 26000 SE Stark Street, Gresham, OR 97030

CAMPUS MAP

»» Gresham Campus Building and Parking Locations



GETTING TO MHCC

»» Driving Directions



1 MHCC MAYWOOD PARK CAMPUS

10100 NE Prescott St., Portland, Oregon
503-491-6100

From the MHCC Gresham Campus:

Travel west on I-84
Take the I-205 South/I-205 North exit
Merge onto I-205 North Ramp
Merge onto I-205 N.
Take East Sandy Blvd. exit
Merge onto NE Sandy Blvd.
Turn right onto NE 102nd Ave.
Turn right onto NE Prescott St.
End at 10100 NE Prescott St.

From Portland:

Travel east on I-84
Exit at I-205 North
Take East Sandy Blvd. exit
Merge onto NE Sandy Blvd.
Turn right onto NE 102nd Ave.
Turn right onto NE Prescott St.
End at 10100 NE Prescott St.

2

BRUNING CENTER FOR ALLIED HEALTH EDUCATION AT MHCC

1484 NW Civic Dr., Gresham, Oregon
503-491-6700

From the MHCC Gresham Campus:

Drive west on SE Stark St.
Turn left onto SE 223rd Ave.
Turn right onto SE Burnside Rd.
Turn left onto NW Civic Dr.
End at 1484 NW Civic Dr.

From Portland:

Travel east on I-84
Take the 181 Ave. exit 13 to Gresham
Turn right onto NE 181 Ave.
Turn left onto E Burnside St.
Turn right onto NW Civic Dr.
End at 1484 NW Civic Dr.

3

MHCC GRESHAM CAMPUS

26000 SE Stark St., Gresham, Oregon
503-491-6422

From Vancouver:

Travel south on I-205 South to I-84 east
Drive east on I-84 to exit 17, Troutdale
Turn right onto 257th Ave. at stoplight
Continue on 257th through Stark St.
MHCC is on the left just south of Stark St.
End at 26000 SE Stark St.

From Portland:

Drive east on I-84 to exit 17, Troutdale
Turn right onto 257th Ave. at stoplight
Continue on 257th through Stark St.
MHCC is on the left just south of Stark St.
End at 26000 SE Stark St.

4

WORKSOURCE PORTLAND METRO EAST

19421 SE Stark St., Gresham, Oregon
503-660-1440

5

SMALL BUSINESS DEVELOPMENT CENTER

323 NE Roberts Ave., Gresham, Oregon
503-491-7658

To view more maps visit:
mhcc.edu/maps.