



OSAA / U.S. Bank / Les Schwab Tires
2009 6A-5A-4A TRACK & FIELD STATE CHAMPIONSHIPS
 May 22-23, 2009 – Hayward Field, University of Oregon, Eugene, OR



TIME SCHEDULE

(Revised on 5/19/09)

Friday, May 22, 2009 – Running Events

	Heat 1	Heat 2	Heat 3
Wheelchair 1500-meter	10:50		
4A Girls 4x100-meter Relay	11:00	11:04	
5A Girls 4x100-meter Relay	11:08	11:12	
6A Girls 4x100-meter Relay	11:16	11:20	
4A Boys 4x100-meter Relay	11:24	11:28	
5A Boys 4x100-meter Relay	11:32	11:36	
6A Boys 4x100-meter Relay	11:40	11:44	
4A Boys 3000-meter Run (Final)	11:48		
5A Boys 3000-meter Run (Final)	12:03		
6A Boys 3000-meter Run (Final)	12:18		
Gleukos Collegiate Steeplechase	12:33		
Wheelchair 100-meter	12:43		
4A Girls 100-meter Dash	12:47	12:51	
5A Girls 100-meter Dash	12:55	12:59	
6A Girls 100-meter Dash	1:03	1:07	
4A Boys 100-meter Dash	1:11	1:15	
5A Boys 100-meter Dash	1:19	1:23	
6A Boys 100-meter Dash	1:27	1:31	1:35
4A Girls 400-meter Dash	1:39	1:43	
5A Girls 400-meter Dash	1:47	1:51	
6A Girls 400-meter Dash	1:55	1:59	
4A Boys 400-meter Dash	2:03	2:07	
5A Boys 400-meter Dash	2:11	2:15	
6A Boys 400-meter Dash	2:19	2:23	
4A Girls 100-meter High Hurdles	2:27	2:31	
5A Girls 100-meter High Hurdles	2:35	2:39	
6A Girls 100-meter High Hurdles	2:43	2:47	
4A Boys 110-meter High Hurdles	2:51	2:55	
5A Boys 110-meter High Hurdles	2:59	3:03	
6A Boys 110-meter High Hurdles	3:07	3:11	3:15
4A Girls 800-meter Dash	3:19	3:23	
5A Girls 800-meter Dash	3:27	3:31	
6A Girls 800-meter Dash	3:35	3:39	
4A Boys 800-meter Dash	3:43	3:47	
6A Boys 800-meter Dash	3:51	3:55	
Gleukos Collegiate 800-meter Run	3:59		
Exhibition Wheelchair 200-meter	4:03		
4A Girls 200-meter Dash	4:07	4:11	
5A Girls 200-meter Dash	4:15	4:19	
6A Girls 200-meter Dash	4:23	4:27	
4A Boys 200-meter Dash	4:31	4:35	
5A Boys 200-meter Dash	4:39	4:43	
6A Boys 200-meter Dash	4:47	4:51	
4A Girls 300-meter Low Hurdles	4:55	4:59	
5A Girls 300-meter Low Hurdles	5:03	5:07	
6A Girls 300-meter Low Hurdles	5:11	5:15	
4A Boys 300-meter Int. Hurdles	5:19	5:23	
5A Boys 300-meter Int. Hurdles	5:27	5:31	
6A Boys 300-meter Int. Hurdles	5:35	5:39	
4A Girls 3000 (Final)	5:43		
5A Girls 3000 (Final)	5:58		
6A Girls 3000 (Final)	6:13		

4A Girls 4x400-meter Relay	6:28	6:36
5A Girls 4x400-meter Relay	6:44	6:52
6A Girls 4x400-meter Relay	7:00	7:08
4A Boys 4x400-meter Relay	7:16	7:24
5A Boys 4x400-meter Relay	7:32	7:40
6A Boys 4x400-meter Relay	7:48	7:56

Friday, May 22, 2009 – Field Events

4A Boys Discus	11:00a
4A Boys Pole Vault	12:30p
4A Boys Shot Put	2:15p
4A Boys Triple Jump	3:45p
4A Girls Long Jump	2:00p
4A Girls Javelin	2:30p
4A Girls High Jump	4:30p
5A Boys Triple Jump	11:45a
5A Boys Discus	1:00p
5A Boys Pole Vault	3:00p
5A Boys Shot Put	4:15p
5A Girls High Jump	11:30a
5A Girls Javelin	12:30p
5A Girls Long Jump	4:00p
6A Boys Pole Vault	10:00a
6A Boys Shot Put	12:15p
6A Boys Triple Jump	1:45p
6A Boys Discus	3:00p
6A Girls Javelin	10:30a
6A Girls Long Jump	12:00n
6A Girls High Jump	2:00p

Saturday, May 23, 2009 – Running Events (Finals)

	4A	5A	6A
Girls 4x100-meter Relay	1:00	1:05	1:10
Boys 4x100-meter Relay	1:15	1:20	1:25
Girls 1500-meter Run	1:30	1:40	1:50
Boys 1500-meter Run	2:00	2:10	2:20
Girls 100-meter Dash	2:30	2:35	2:40
Boys 100-meter Dash	2:45	2:50	2:55
Girls 400-meter Dash	3:00	3:05	3:10
Boys 400-meter Dash	3:15	3:20	3:25
Girls 100-meter High Hurdles	3:30	3:35	3:40
Boys 110-meter High Hurdles	3:45	3:50	3:55
Girls 800-meter Run	4:00	4:05	4:10
Boys 800-meter Run	4:15	4:20	4:25
Girls 200-meter Dash	4:30	4:35	4:40
Boys 200-meter Dash	4:45	4:50	4:55
Girls 300-meter Low Hurdles	5:00	5:05	5:10
Boys 300-meter Int. Hurdles	5:15	5:20	5:25
Gleukos Collegiate 1500-meter Run	5:30		
Girls 4x400-meter Relay	5:36	5:44	5:52
Boys 4x400-meter Relay	6:00	6:08	6:16

Saturday, May 23, 2009 – Field Events

4A Boys Javelin	12:15p
4A Boys Long Jump	12:45p
4A Boys High Jump	3:00p
4A Girls Discus	10:00a
4A Girls Pole Vault	12:00n
4A Girls Shot Put	12:30p
4A Girls Triple Jump	2:30p
5A Boys Javelin	10:15a
5A Boys High Jump	12:30p
5A Boys Long Jump	2:45p
5A Girls Pole Vault	9:30a
5A Girls Triple Jump	10:30a
5A Girls Discus	12:00n
5A Girls Shot Put	2:30p
6A Boys High Jump	10:00a
6A Boys Long Jump	10:45a
6A Boys Javelin	2:15p
6A Girls Shot Put	10:30a
6A Girls Triple Jump	12:30p
6A Girls Discus	2:00p
6A Girls Pole Vault	2:30p

High Jump, Pole Vault Starting Heights & Increments

6A Boys High Jump
Start at 5-8; 2" increments to 6-0; 1" increments thereafter
6A Boys Pole Vault
Start at 12-6; 6" increments to 14-0; 3" increments thereafter
6A Girls High Jump
Start at 5-0; 2" increment to 5-2; 1" increments thereafter
6A Girls Pole Vault
Start at 8-9; 6" increments to 9-9; 3" increments thereafter
5A Boys High Jump
Start at 5-8; 2" increments to 6-0; 1" increments thereafter
5A Boys Pole Vault
Start at 9-6; 6" increments to 13-0; 3" increments thereafter
5A Girls High Jump
Start at 4-9; 2" increments to 5-1; 1" increments thereafter
5A Girls Pole Vault
Start at 8-0; 6" increments to 10-0; 3" increments thereafter
4A Boys High Jump
Start at 5-8; 2" increments to 6-0; 1" increments thereafter
4A Boys Pole Vault
Start at 11-6; 6" increments to 13-0; 3" increments thereafter
4A Girls High Jump
Start at 4-8; 2" increments to 5-0; 1" increments thereafter
4A Girls Pole Vault
Start at 7-6; 6" increments to 10-0; 3" increments thereafter