



DISTRICT MEET DIRECTOR INFORMATION

Additional information available on the OSAA website, www.osaa.org/activities/btf

PRE-DISTRICT MEET

DISTRICT MEET DIRECTOR RESPONSIBILITY: Each item below is the District Meet Director's responsibility. If you have any questions about any of these responsibilities, please contact me at 503.682.6722 x233 or email kellyf@osaa.org.

DURING DISTRICT MEET

1. **STATE CHAMPIONSHIP INFORMATION DISTRIBUTION:** The State Championship Information must be downloaded from the OSAA website. Tight timelines dictate distribution of materials for the state championship must be done at the district meet site. PLEASE ensure that each coach in your district receives the [AD & Coach Information at the District Meet](#). Your assistance in distributing this information is very much appreciated.
2. **QUALIFICATION FOR STATE CHAMPIONSHIPS:** (2023 OSAA Track and Field Plan)
 - A. All District Meets will follow 2023 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 six 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 is one additional spot for the next fastest time / mark from 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 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 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 four additional spots for the next fastest times / marks from 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 6-3 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, the second qualifier from that district should be determined by an Administrative Jump Off as described in Rule 6-3-2b(4).

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...)

| 2023 Maximum Starting Heights – All Classifications | | | | | | |
|---|-------|-------|-------|-------|-------|-------|
| | 6A | 5A | 4A | 3A | 2A | 1A |
| Girls HJ | 4’4” | 4’2” | 4’2” | 4’0” | 3’11” | 3’10” |
| Girls PV | 8’4” | 7’8” | 6’11” | 6’5” | 5’10” | 5’5” |
| Boys HJ | 5’3” | 5’3” | 5’1” | 5’0” | 5’1” | 4’11” |
| Boys PV | 10’3” | 10’6” | 10’5” | 7’10” | 7’10” | 7’7” |

K. **Para-Athletes**

(Para-Athlete Disability Certificate)

- 1) 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. The Para-Athlete Disability Certificate and 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 girls, 400M boys and 400M girls, etc.).
- 2) There are two divisions for which a para-athlete may qualify, wheelchair participants and ambulatory. All athletes in grades 9-12 must meet OSAA eligibility requirements. **For additional information see OSAA Handbook, Rule 8, Individual Eligibility**
 - a) **Wheelchair:** Athletes with permanent physical disability on file with the school.
 - b) **Ambulatory:** Athletes shall have a permanent orthopedic, neuromuscular or other physical disability. This would include Visually impaired, Cerebral Palsy, Dwarf, and Amputee. Permanent orthopedic impairment shall be verified by a licensed physician and maintained on permanent file at the school.
 - c) **Cognitively or intellectually disabled students are not defined as Para-Athletes.**
- 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.
- 5) **Para-Athlete Disability Certificate** - Must be submitted to Kelly Foster (kellyf@osaa.org) with written doctor's documentation of the athlete's disability no later than **9pm, Saturday, May 20.**

POST-DISTRICT MEET

1. **STATE CHAMPIONSHIP ONLINE ENTRY FORM** – it is imperative that district meet directors upload complete Varsity results to www.athletic.net/ using the instructions provided below – additional reminders include:
 - A. Please check entries and accuracy of information before submitting the entry. Please ensure that all entries are matched to the correct school and that you have included first name, last name, year in school (i.e. 9, 10, 11, 12 – **NOT Fr, So, Jr, Sr**) school, and mark of each qualifier.
 - B. For all relays, please list the four members of the team and up to two alternates. Please note the deadline for entering relay alternates.
 - C. If you use fully automatic timing (FAT) at your district meet, list the fully automatic times on the entry form. If you use hand times, please round up all times to the nearest 1/10, i.e., 26.50 rounds to 26.5 and 26.51 rounds to 26.6. The Hy-Tek program will automatically convert the non-FAT times for seeding purposes. **DO NOT CONVERT.**
 - D. To determine whether a participant meets the qualifying standard for an individual event, please see the *Qualifying Standards for 2018* in this packet.
2. **STATE CHAMPIONSHIP ENTRIES WILL BE ADVANCED ON ATHLETIC.NET:**

Results must be uploaded and marked official no later than 9pm, Saturday, May 20. Submit your results on Athletic.net by following the steps below. Contact Dan at support@athletic.net if you have questions about uploading results.

 - Step 1: Go to www.athletic.net/ to upload your results following your district meet.
 - Step 2: Click on your team page to access your calendar.
 - Step 3: Click on the district meet you hosted and then the 'Upload this Meet' link.
 - Step 4: Click on 'Upload a file' or the 'Paste Results' button. Once your file has loaded, click the 'Preview Matches' button to ensure that all results showing up.
 - Step 5: Next, verify that all teams and athletes are matched correctly. If any are unmatched, select the corresponding match that is listed on Athletic.net.
 - Step 6: Proceed to review that all events are set with the correct distances, heights and weights. Then, on the Timing Method tab, select whether the meet used Hand or FAT timing.
 - If FAT timing was used, but some events were Hand timed, mark those events as such.

Step 7: On the Publish Tab, click the 'Publish Results' button. Then click the 'Mark Official' button to lock results.

- Go to the meet results page to confirm that all results are showing up and correct.

3. **Corrections to your original uploaded results must be entered on the OSAA Change Substitution/Form.** Once results are uploaded, you will not be able to delete and upload again.

A. **Athletic.net will then follow OSAA State Championship Qualification guidelines to advance athletes from each set of district meet results into the state meet, as entries.** Once your results are uploaded and marked as official, the process of declaring entries will be accomplished by Athletic.net's State Meet advancement system.

B. Meet Directors will NOT need to individually submit the state qualifying entries. Athletic.net will handle everything once Official Results are posted. **You must ensure that your results are accurately posted on Athletic.net no later than 9pm, Saturday, May 20.**

4. **POSTING TIMELINE:** www.osaa.org/activities/btf

A. All entry names and marks for each event will be posted on the OSAA website, on Sunday, May 21 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, including Wild Cards, 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. Coaches should monitor the Wild Card Entry list if they have an athlete on it as changes do occur.

5. **CORRECTIONS ONLY:** (*spelling, grade, school, marks, etc.*) <https://www.osaa.org/forms/substitution/tf>

A. **For corrections, AD's, Coaches, and District Meet Directors will use the OSAA Change Substitution/Form.**

6. **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.

B. **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, 4A, 3A, 2A, 1A – May 22**) 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, 4A, 3A, 2A, 1A – May 22**) preceding the state championship, an individual may drop from one or more events in which they are 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, 4A, 3A, 2A, 1A – May 22**) preceding the state championship, the participant who has qualified in multiple events must compete in all qualified events or they shall be scratched from all events in which the participant has qualified.

(3) District Meet Directors must submit drops using the OSAA Change Substitution/Form: www.osaa.org/forms/substitution/tf.

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, 4A, 3A, 2A, 1A – May 22**) deadline. However, after the established Monday 4pm (**6A, 5A, 4A, 3A, 2A, 1A – May 22**) deadline, any of the entered relay team members may be replaced by the Wednesday 4pm (**6A, 5A, 4A, 3A, 2A, 1A – May 24**) deadline by an athlete already in the meet. If only four or five relay members are entered by the Monday 4pm (**6A, 5A, 4A, 3A, 2A, 1A – May 22**) 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) Schools must submit names using the OSAA Change Substitution/Form: www.osaa.org/forms/substitution/tf.

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 **(3A, 2A, 1A – May 23) (6A, 5A, 4A – May 24)** 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. If the athlete was a Wild Card qualifier then the next in line will be eligible.

For substitutions and drops District Meet Directors will use the OSAA Change Substitution/Form: www.osaa.org/forms/substitution/tf



QUALIFICATION & SEEDING CRITERIA

1. CHAMPIONSHIP QUALIFICATIONS:

- A. All District Meets will follow 2023 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.
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H. **High Jump and Pole Vault:**

Suggestion for State qualifying: In the rare case where Rule 6-3 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, the second qualifier from that district should be determined by an Administrative Jump Off as described in Rule 6-3-2b(4).

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- Girls Pole Vault – maximum starting height listed below; 6” increments for the next 3’; 3” increments thereafter.
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- 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...)

| 2023 Maximum Starting Heights – All Classifications | | | | | | |
|---|-------|-------|-------|-------|-------|-------|
| | 6A | 5A | 4A | 3A | 2A | 1A |
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K. **Para-Athletes** (Para-Athlete Disability Certificate)

- 1) 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. The Para-Athlete Disability Certificate and 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 girls, 400M boys and 400M girls, etc.).
- 2) There are two divisions for which a para-athlete may qualify, wheelchair participants and ambulatory. All athletes in grades 9-12 must meet OSAA eligibility requirements. **For additional information see OSAA Handbook, Rule 8, Individual Eligibility**
 - a) **Wheelchair:** Athletes with permanent physical disability on file with the school.
 - b) **Ambulatory:** Athletes shall have a permanent orthopedic, neuromuscular or other physical disability. This would include Visually impaired, Cerebral Palsy, Dwarf, and Amputee. Permanent orthopedic impairment shall be verified by a licensed physician and maintained on permanent file at the school.
 - c) **Cognitively or intellectually disabled students are not defined as Para-Athletes.**
- 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.
- 5) [Para-Athlete Disability Certificate](#) - Must be submitted to Kelly Foster (kellyf@osaa.org) with written doctor's documentation of the athlete's disability no later than **9pm, Saturday, May 20.**

2. PRELIMINARIES – SEEDING:

- A. **Hand timed vs. FAT** – As per Rule 3-9-8, 2022 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). A record shall not be granted unless the time is recorded by 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 will be 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 5-6-5, 2022 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, 2022 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



2023 Track & Field State Championships Qualifying Standards Boys

| | 6A | | 5A | | 4A | | 3A | | 2A | | 1A | |
|------------------|-----------------------------------|--------|-----------------------------------|--------|-----------------------------------|--------|-----------------------------------|--------|-----------------------------------|--------|-----------------------------------|--------|
| | FAT | HAND | FAT | HAND | FAT | HAND | FAT | HAND | FAT | HAND | FAT | HAND |
| | 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 | |
| 100 | 10.82 | 10.5 | 11.16 | 10.9 | 11.23 | 10.9 | 11.41 | 11.1 | 11.60 | 11.3 | 11.54 | 11.3 |
| 200 | 22.12 | 21.8 | 22.62 | 22.3 | 22.93 | 22.6 | 23.07 | 22.8 | 23.69 | 23.4 | 23.36 | 23.1 |
| 400 | 49.45 | 49.2 | 51.04 | 50.8 | 51.68 | 51.4 | 52.04 | 51.8 | 52.85 | 52.6 | 52.72 | 52.4 |
| 800 | 1:54.99 | 1:54.7 | 1:57.86 | 1:57.6 | 1:59.44 | 1:59.2 | 2:02.98 | 2:02.7 | 2:05.12 | 2:04.8 | 2:03.62 | 2:03.3 |
| 1500 | 3:56.83 | 3:57.2 | 4:01.21 | 4:00.9 | 4:08.45 | 4:08.2 | 4:16.94 | 4:15.7 | 4:14.70 | 4:14.4 | 4:18.44 | 4:18.2 |
| 3000 | 8:33.11 | 8:35.5 | 8:39.27 | 8:39.0 | 9:02.23 | 9:01.9 | 9:19.75 | 9:19.5 | 9:18.22 | 9:17.9 | 9:21.52 | 9:21.2 |
| 110 High Hurdles | 14.94 | 14.6 | 15.41 | 15.1 | 15.91 | 15.6 | 16.37 | 16.1 | 16.54 | 16.3 | 16.78 | 16.5 |
| 300 Int Hurdles | 39.11 | 38.8 | 40.92 | 40.6 | 41.45 | 41.2 | 42.37 | 42.1 | 43.25 | 43.0 | 42.42 | 42.1 |
| Long Jump | | 22-0 | | 21-3 | | 20-10 | | 20-1 | | 20-3 | | 20-0 |
| Triple Jump | | 44-2 | | 43-7 | | 42-6 | | 40-10 | | 40-10 | | 41-3 |
| Shot Put | | 51-0 | | 50-6 | | 49-2 | | 45-3 | | 46-1 | | 42-7 |
| Discus | | 154-1 | | 154-1 | | 145-4 | | 134-9 | | 127-3 | | 126-4 |
| Javelin | | 187-0 | | 172-6 | | 167-7 | | 156-8 | | 153-4 | | 151-5 |
| High Jump | | 6-3 | | 6-3 | | 6-1 | | 6-0 | | 6-1 | | 5-11 |
| Pole Vault | | 14-3 | | 13-6 | | 13-5 | | 11-10 | | 11-10 | | 11-7 |

(Three-year average of third place)

| | | | | | | | | | | | | |
|-------------|---------|--------|---------|--------|---------|--------|---------|--------|---------|--------|---------|--------|
| 4x100 Relay | 42.60 | 42.3 | 43.29 | 43.0 | 43.88 | 43.6 | 44.99 | 44.7 | 45.44 | 45.2 | 45.45 | 45.2 |
| 4x400 Relay | 3:22.46 | 3:22.2 | 3:27.64 | 3:27.4 | 3:29.39 | 3:29.1 | 3:32.57 | 3:32.3 | 3:37.47 | 3:37.2 | 3:35.52 | 3:35.1 |



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



2023 Track & Field State Championships Qualifying Standards Girls

| | 6A | | 5A | | 4A | | 3A | | 2A | | 1A | |
|------------------|---------|--------|----------|---------|----------|---------|----------|---------|----------|---------|----------|---------|
| | FAT | HAND | FAT | HAND | FAT | HAND | FAT | HAND | FAT | HAND | FAT | HAND |
| 100 | 12.15 | 11.9 | 12.59 | 12.3 | 12.61 | 12.3 | 13.08 | 12.8 | 13.09 | 12.8 | 13.04 | 12.8 |
| 200 | 24.99 | 24.7 | 26.06 | 25.8 | 26.14 | 25.9 | 26.89 | 26.6 | 27.29 | 27.0 | 27.05 | 26.8 |
| 400 | 58.06 | 57.8 | 1:00.11 | 59.8 | 1:00.77 | 1:00.5 | 1:01.42 | 1:01.1 | 1:01.32 | 1:01.0 | 1:02.54 | 1:02.3 |
| 800 | 2:14.64 | 2:14.4 | 2:22.09 | 2:21.9 | 2:23.71 | 2:23.4 | 2:27.07 | 2:26.8 | 2:28.38 | 2:28.1 | 2:32.36 | 2:32.1 |
| 1500 | 4:34.41 | 4:34.1 | 4:48.64 | 4:48.4 | 4:55.24 | 4:55.0 | 5:04.46 | 5:04.2 | 5:06.67 | 5:06.4 | 5:13.34 | 5:13.1 |
| 3000 | 9:58.56 | 9:58.3 | 10:40.43 | 10:40.1 | 10:40.09 | 10:39.8 | 11:12.44 | 11:12.2 | 11:01.37 | 11:01.1 | 11:40.37 | 11:40.1 |
| 100 High Hurdles | 15.04 | 14.8 | 15.76 | 15.5 | 16.16 | 15.9 | 16.54 | 16.3 | 17.19 | 16.9 | 17.10 | 16.8 |
| 300 Int Hurdles | 45.88 | 45.6 | 46.93 | 46.6 | 47.45 | 47.2 | 48.79 | 48.5 | 49.68 | 49.4 | 49.77 | 49.5 |
| Long Jump | | 17-11 | | 16-6 | | 16-8 | | 15-11 | | 16-2 | | 15-9 |
| Triple Jump | | 36-10 | | 35-5 | | 34-8 | | 33-11 | | 33-6 | | 33-2 |
| Shot Put | | 39-6 | | 36-5 | | 37-3 | | 36-9 | | 35-4 | | 32-10 |
| Discus | | 132-7 | | 116-2 | | 119-2 | | 116-7 | | 112-13 | | 99-3 |
| Javelin | | 132-9 | | 122-4 | | 120-5 | | 117-0 | | 111-7 | | 110-9 |
| High Jump | | 5-4 | | 5-2 | | 5-2 | | 5-0 | | 4-11 | | 4-10 |
| Pole Vault | | 11-4 | | 10-8 | | 9-11 | | 9-5 | | 8-10 | | 8-5 |

(Three-year average of third place)

| | | | | | | | | | | | | |
|-------------|---------|--------|---------|--------|---------|--------|---------|--------|---------|--------|---------|--------|
| 4x100 Relay | 48.58 | 48.3 | 50.18 | 49.9 | 50.66 | 50.4 | 51.80 | 51.5 | 51.83 | 51.5 | 53.47 | 53.2 |
| 4x400 Relay | 3:58.30 | 3:58.0 | 4:08.97 | 4:08.7 | 4:09.06 | 4:08.8 | 4:15.95 | 4:15.7 | 4:20.05 | 4:19.9 | 4:26.20 | 4:25.9 |



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



**2023 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 4 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) |

2023 TRACK and FIELD DISTRICT MEET DIRECTORS

| <p style="text-align: center; margin: 0;"> HIGHLIGHTED INFORMATION has NOT been verified. If there are any changes or corrections that need to be made to the information listed below please email them to Kath, kath@osaa.org. PLEASE IDENTIFY YOUR CLASSIFICATION & DISTRICT. </p> | | | | | | | |
|---|------------------|------------|--------------------------|--|----------------|------------------------------|---|
| District | League Name | Date(s) | Site | AD / DMD | Host School | AD's Work Phone | Email |
| 6A-1 | PIL | May 17, 19 | Franklin HS | Matt York, AD Kellie Sauer, Meet Director Jeff Peeler, Meet Director | Franklin HS | 503.916.5140 | mayork@pps.net jpeeler@pps.net ksauer@pps.net |
| 6A-2 | METRO | May 17, 19 | Jesuit HS | Trisha Shoemaker, AD / Meet Director | Southridge HS | 503.356.2902 | trisha_shoemaker@beaverton.k12.or.us |
| 6A-3 | PACIFIC | May 16, 19 | George Fox University | Alan Foster, AD / Meet Director | Newberg HS | 503.844.1271 | foster@hsd.k12.or.us |
| 6A-4 | MT HOOD | May 16-17 | Barlow HS | Dan Dalzell, AD Scott Jones, Meet Director | Barlow HS | 503.258.4905 | dalzell@gresham.k12.or.us jones182@gresham.k12.or.us |
| 6A-5 | THREE RIVERS | May 17 | Pioneer Memorial Stadium | Cyndi Borgmeier, AD TBD, Meet Director | Lakeridge HS | 503.785.8739 | cyndi_borgmeier@orecity.k12.or.us |
| 6A-6 | CENTRAL VALLEY | May 19-20 | McNary HS | Scott Gregg, AD / Meet Director | McNary HS | 503.399.3238 | gregg_scott@salkeiz.k12.or.us |
| 6A-7 | SOUTHWEST | May 18 | Grants Pass HS | Clay Rounsaville, AD Robert Lingo, Meet Director | Grants Pass HS | 541.474.5720 | crounsaville@grantspass.k12.or.us rlingo@grantspass.k12.or.us |
| 5A-1 | NORTHWEST OREGON | May 18 | Hillsboro Hare Field | Daunte Gouge, AD / Meet Director | Hillsboro HS | 503.762.6136 | daunte_gouge@csd28j.org |
| 5A-2 | MIDWESTERN | May 18 | Springfield HS | Audrea Shelley, AD Scott Touchette, Meet Director | Springfield HS | 541.744.4791 | audrea.shelley@springfield.k12.or.us scott.touchette@springfield.k12.or.us |
| 5A-3 | MID-WILLAMETTE | May 18 | West Albany HS | Don Lien, AD Salvador Munoz, Meet Director | West Albany HS | 541.967.4545 | don.lien@albany.k12.or.us Salvador.Munoz@corvallis.k12.or.us |
| 5A-4 | INTERMOUNTAIN | May 19 | Summit HS | Mike Carpenter, AD David Turnbull, Meet Director | Summit HS | 541.355.4102 | mike.carpenter@bend.k12.or.us david.turnbull@bend.k12.or.us |
| 4A-1 | COWAPA | May 17 | Scappoose HS | Dale French, AD David Harley, Meet Director | Scappoose HS | 971.200.8005 x5016 | dfrench@scappoose.k12.or.us dwharleyjr@gmail.com |
| 4A-2 | TRI-VALLEY | May 19-20 | Madras HS | Daniel Barendse, AD TBD, Meet Director | Madras HS | 503.475.7265 x2337 | dbarendse@509j.net |
| 4A-3 | OREGON WEST | May 19 | Sweet Home HS | Dan Tow, AD James Rise, AD (Cascade HS) Molly Gehley, Meet Director | Cascade HS | 541.401.5810 503.749.8010 | dan.tow@sweethome.k12.or.us jrise@cascade.k12.or.us mgehley@cascade.k12.or.us |
| 4A-4 | SIX-EM | May 19 | North Bend HS | Greg Mulkey, AD Clad Scriven, Meet Director | Marshfield HS | 541.267.1405 | gregm@coos-bay.k12.or.us clads@coos-bay.k12.or.us |
| 4A-5 | SKYLINE | May 19 | Mazama HS | Vic Lease, AD / Meet Director | Mazama HS | 541.883.5024 | leasev@kcsd.k12.or.us |
| 4A-6 | GREATER OREGON | May 20 | La Grande HS | Darren Goodman, AD / Meet Director | La Grande HS | 541.663.3305 | darren.goodman@bagrandesd.org |

2023 TRACK and FIELD DISTRICT MEET DIRECTORS

| <p style="text-align: center; margin: 0;">HIGHLIGHTED INFORMATION has NOT been verified. If there are any changes or corrections that need to be made to the information listed below please email them to kathi, kathif@osaa.org. PLEASE IDENTIFY YOUR CLASSIFICATION & DISTRICT.</p> | | | | | | | |
|--|--------------------|------------|--|--|------------------------------|--------------------|--|
| District | League Name | Date(s) | Site | AD / DMD | Host School | AD's Work Phone | Email |
| 3A-SD1 | SPECIAL DISTRICT 1 | May 17, 19 | Sherwood MS | Craig Burgess, AD Scott Olson, Meet Director | Horizon Christian (Tualatin) | 503.612.6521 x111 | churges@horizonhawks.org solson@horizonchristian.school |
| 3A-SD2 | SPECIAL DISTRICT 2 | May 18 | Neah-Kah-Nie HS | Ryan Keefauver, AD Brad Post, Meet Director | Neah-Kah-Nie HS | 503.355.3556 | ryankee@nknsd.org postb@yrcschools.org |
| 3A-SD3 | SPECIAL DISTRICT 3 | May 18 | Scio HS | Doug Nagle, AD / Meet Director | Jefferson HS | 541.327.3337 x1250 | doug.nagle@jefferson.k12.or.us |
| 3A-SD4 | SPECIAL DISTRICT 4 | May 18-19 | Siuslaw HS | Christopher Johnson, AD / Meet Director | Siuslaw HS | 541.991.0217 | cjohnson@siuslaw.k12.or.us |
| 3A-SD 5 | SPECIAL DISTRICT 5 | May 19 | St. Mary's School | Jamie Young, AD Joe Volk, Meet Director | St. Mary's School | 541.601.4306 | jyoung@smschool.us jvolk@smschool.us |
| 3A-SD6 | SPECIAL DISTRICT 6 | May 20 | Vale HS | Tom Snook, AD Don Wayne, Meet Director | Vale HS | 541.473.0289 | tom.snook@valesd.org paul@bentzinsurance.com |
| 2A-SD1 | SPECIAL DISTRICT 1 | May 19 | Portland Christian HS | Ryan Burnison, AD Debi Hanson, Meet Director | Portland Christian HS | 503.256.3960 x266 | ryan.burnison@pcschools.org gvoa.commish@me.com |
| 2A-SD2 | SPECIAL DISTRICT 2 | May 19 | Blanchet Catholic School | Tina Pearson, AD David Mucken, Meet Director | Blanchet Catholic School | 503.391.2639 x236 | tinapearson@blanchetatholicschool.com davidmucken@blanchetatholicschool.com |
| 2A-SD3 | SPECIAL DISTRICT 3 | May 19-20 | Toledo Jr./Sr. HS | Chloe Minch, AD Peter Lohonyay, Meet Director | Toledo Jr./Sr. HS | 541.336.5104 | chloe.minch@lincoln.k12.or.us Peter.lohonyay@lincoln.k12.or.us |
| 2A-SD4 | SPECIAL DISTRICT 4 | May 20 | Hermiston HS | Lorena Woods, AD / Meet Director | Stanfield Secondary School | 541.449.3851 | lorena.woods@stanfieldsd.org |
| 1A-SD1 | SPECIAL DISTRICT 1 | May 19 | Portland Christian HS | Hayley Emily, AD Debi Hanson, Meet Director | Portland Christian HS | 503.646.4617 | hemly@ststephensacademy.com gvoa.commish@me.com |
| 1A-SD2 | SPECIAL DISTRICT 2 | May 20 | Summit HS | James Anding, AD / Meet Director | Gilchrist HS | 541.433.2295 | anding@kcsd.k12.or.us |
| 1A-SD3 | SPECIAL DISTRICT 3 | May 19-20 | Deschutes River Athletic Complex Maupin, OR | Jim Hull, AD / Meet Director | South Wasco HS | 541.395.2225 x223 | jimh@swasco.net |
| 1A-SD4 | SPECIAL DISTRICT 4 | May 19 | Baker HS | Buell Gonzales, AD Brad Dunten, Meet Director | Baker HS | 541.524.2606 | buell.gonzales@bakersd.org Brad.dunten@npowdersd.org |

**OSAA / OnPoint Community Credit Union
Track and Field District Meet
Public Address Announcements**

Good morning / afternoon and welcome to today's _____ Track and Field District Meet.

NATIONAL ANTHEM

Ladies and Gentlemen, we now ask that you please stand and remove your hats as we honor America with the playing our National Anthem.

SPORTSMANSHIP (REQUIRED)

Each of us is here to either compete in a sporting event, or to support those who are. An event in which the rules apply equally to everyone, designed to ensure fair competition, encourage sportsmanship, and bring out the best in each participant. We are here to share our support — for our students, our community, and for each other. And to create an environment of SAFETY, TOLERANCE, ACCEPTANCE and RESPECT. We call it being a STAR. Learn what it takes to be a STAR at O-S-A-A dot org slash equity.

As participants, coaches, fans, friends, and parents, we now have our own rules. Designed to ensure and encourage an atmosphere of SAFETY, TOLERANCE, ACCEPTANCE and RESPECT for all of us. We call it being a STAR, and it means not threatening or ridiculing anyone in attendance based on their race, gender, age, color, national origin, ethnicity, disability, sexual orientation or religion. Learn what it takes to be a STAR at O-S-A-A dot org slash equity.

OSAA SPONSOR ANNOUNCEMENTS

For use during breaks in the action.

1. OSAA dot org is the online home of the OSAA Track & Field State Championships. The official website of the OSAA has updated results, plus links to purchase tickets and souvenir merchandise. You can also find year-by-year results from past Track & Field state championships and links to media coverage throughout the state. Be sure to visit OSAA dot org.
2. OnPoint Community Credit Union is a proud sponsor of the OSAA State Championship. OnPoint is Oregon's largest locally headquartered credit union – serving more than 516,000 members. Federally insured by NCUA. Equal housing opportunity.
3. Stay connected to your favorite team with the OSAA Live mobile app. OSAA Live features the latest scores, schedules and rankings for all teams and leagues across Oregon. Purchase State Championship tickets. Access OSAA State Championship programs. Read the latest prep news and information. Search OSAA Live in the App Store or on Google Play to download today.
4. Purchase your official State Championships merchandise at OSAA store dot com. With RushTeamApparel, the exclusive merchandise partner of the OSAA, you have more options! Customize your gear with your school name, a student-athlete name, event decals, and more! Nike products are now also available. Browse the selection of official State Championships merchandise at OSAA store dot com.
5. As participants, coaches, fans, friends, and parents, we now have our own rules. Designed to ensure and encourage an atmosphere of SAFETY, TOLERANCE, ACCEPTANCE and RESPECT for all of us. We call it being a STAR, and it means not threatening or ridiculing anyone in attendance based on their race, gender, age, color, national origin, ethnicity, disability, sexual orientation or religion. Learn what it takes to be a STAR at O-S-A-A dot org slash equity.
6. Your local Toyota Dealers are proud to support the OSAA, it's member schools, and the thousands of students competing each and every day. Toyota is the official automobile of the OSAA. Toyota dot com.

7. For in-depth coverage of high school activities across the state, OSAA today is the answer. OSAA today has the latest news, stories, coaches polls and more. OSAA today features stories from around the state. Also, be sure to subscribe to the OSAA today Podcast wherever you get your podcasts! Visit [OSAA dot org slash today!](http://OSAA.org/slash/today/)
8. A sponsor of OSAA State Championships, OnPoint provides our local communities with the banking and lending solutions they need to get ahead. Federally insured by NCUA. Equal housing opportunity.
9. Moda Health is a proud sponsor of O-S-A-A events because students who discover their strength through sports grow into healthy adults. At Moda Health we believe better health is a team sport. Experience Better.
10. High school students deserve the right to participate in sports and activities – the problem is that not every student or their family can afford the costs associated. The OSAA Foundation Student Assistance Program is here to help breakdown those barriers to allow students to learn the life long lessons you receive from participating. Visit [o-s-a-a foundation dot org](http://o-s-a-a.foundation.org) to find out how you can help.
11. The Army is a proud sponsor of the OSAA. With more than 150 career opportunities and money for college find out how you can be a part of a winning team. Learn more at [go army dot com slash OSAA](http://go.army.com/slash/OSAA). The U.S. Army...National Champs since 1775.
12. Black Bear Diner, the OSAA's official family restaurant, where community connection and good food matter would like to celebrate and congratulate our athletes and families here today. When you're done here, be sure to feed your inner bear with huge portions of comfort food classics for breakfast, lunch and dinner! There's something for everyone at black bear diner. Dine in or order online for carryout or delivery at blackbeardiner.com.
13. Follow the OSAA on Facebook, Twitter, and Instagram to get up to the minute results from all state championship events. Search Oregon School Activities Association on Facebook and OSAASports on Twitter. Be connected, stay connected with prep sports with the social network applications from the OSAA.
14. For over forty-five years, Pacific Office Automation has remained locally owned and operated. They support the community and people and places that matter. That's why they continue to sponsor the OSAA year after year. To learn more, visit [Pacific Office dot com](http://PacificOffice.com). Pacific Office Automation – Problem Solved.
15. Nike is a proud sponsor of the Track & Field State Championships. Visit them online at [nike dot com](http://nike.com) to see the latest in Nike gear.
16. Want to stay in shape, be involved in a sport you love and earn money in the process? Become an athletic official! We need more Soccer, Volleyball, and Football referees for next Fall. Visit [OSAA-dot-org backslash officials](http://OSAA-dot-org/backslash/officials) for more information and to get registered.
17. Jostens is the official championship ring of the OSAA. You earned it! Your determination and hard work have made you a champion. Whether you're an individual champion or part of a team, you can wear your Champion Ring proudly for everyone to see – especially those who encouraged you along the way.
18. The OSAA reminds you that Abby's Legendary Pizza is our Official Team Party Place. Schedule your end-of-season party at any Abby's pizza parlor and receive 20% off your entire meal. Abby's: Legendary pizza for legendary coaches and athletes since 1964.
19. The team at rSchoolToday is proud to be partners of the OSAA. With its \$40 Million Dollar Dash initiative, rSchoolToday is striving to help schools in Oregon provide the best opportunities for every youth athlete and never worry about a budget again. Want to help? Find your school at donate.rschooltoday.com, make a pledge, and earn rewards for your athlete. Rewards include college recruiting tools, academic eligibility reporting, discounts at retailers, and even free food. Show your support for high school athletics in Oregon! Get started at donate.rschooltoday.com.

20. How will you pay for college or trade school? The high cost of tuition, fees, books, and housing are some of the main reasons why students fail to achieve their education goals. As a high school senior or junior, you're eligible to join the Oregon Army National Guard and receive 100% tuition assistance to attend college or trade school. In the Oregon Guard, you'll also get paid for on-the-job training and you'll start a meaningful part-time career. To schedule an interview and learn more about local opportunities, fill out the contact form on Oregon Army Guard dot com. Again. That's OREGON ARMY GUARD DOT COM.

21. HEY FANS, WATCHFIRE JOINS YOU IN CELEBRATING TODAY'S ATHLETES. AS THE PREFERRED SHOT CLOCK, SCOREBOARD, AND VIDEOBOARD MANUFACTURER OF THE O-S-A-A-- WATCHFIRE MANUFACTURES SCORING AND ENTERTAINMENT SYSTEMS THAT FIRE UP ATHLETES, FANS, AND SPONSORS.

End of Meet Announcement

The OSAA and title sponsor OnPoint Community Credit Union thanks you for your support of high school activities. The Track & Field State Championships are May 25-27 at Hayward Field in Eugene. Visit OSAA dot org for event information and to purchase tickets. Don't forget to visit OSAA store dot com to order official OSAA Track & Field State Championships merchandise. Please drive home safely.



SPECTATOR CONDUCT

- 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 unacceptable conduct include but are not limited to: disrespecting players by name, number or position; negative cheers or chants; throwing objects on the playing surface; use of derogatory or racially explicit language; discriminatory harassment or conduct that creates a hostile environment that is disruptive to the educational environment.
- B. Spectators shall not turn their heads or hold up newspapers during team introductions, or jeer at cheerleaders during opposing team introductions.
- C. Spectators shall not be permitted to use vulgar/offensive or racially/culturally insensitive language or engage in any racially/culturally insensitive action.
- D. 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.
- E. Spectators are not permitted to have artificial noisemakers. Some examples of artificial noisemakers are Thunder Stix, cowbells, clappers and air horns.
- F. Spectators who fail to comply with Association or site management spectator conduct expectations may be expelled from the contest.

OSAA Handbook, Rule 3, Contests – Sportsmanship – Crowd Control

Be LOUD! Be PROUD! Be POSITIVE!