



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:** (2025 OSAA Track and Field Plan)
 - A. All District Meets will follow 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 2 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 six 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 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.

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, it is suggested that the second qualifier from that district be determined by Rule 6-3-2.

- I. All field events at the State Championships will be measured in metric. To make qualifying and advancing out of districts cleaner, we are asking that District Meets measure their field events in metric as well. For those of you using Athletic.net onsite at your event, please contact them as they are prepared to support you. For any other events, please contact Kelly Foster if you have any questions about this process or need assistance sourcing metric measuring devices. Results will still be displayed in English as well.

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

- High Jump – maximum starting height listed below; 5cm increments until the height shown; 3cm increments thereafter.
- Pole Vault – maximum starting height listed below; 15cm increments until the height shown; 7cm increments thereafter.

- K. **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 the **attached table**. (Ex: the starting height is listed as 1.28m with increments of 5cm – you can go down to 1.23m, 1.18m, etc.)

L. **Para-Athletes** (Para-Athlete Disability Certificate)

- 1) Athletes who meet the [qualifying standards](#) at their district meet shall combine in the 100M, 400M, 1500M and Shot Put 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 eight students qualify in an event, the OSAA will explore splitting out the events by gender or disability type (wheelchair or ambulatory).
- 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 at the State Championships.
 - 4) To facilitate training and competition for para-athletes it is recommended that all leagues/conferences/districts include a para-athlete 100M, 400M, 1500M and Shot Put in their event schedules. 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 24.***

M. Track Event Rules – Para-Athlete 100m, 400m & 1500m Races

The event shall follow NFHS and OSAA rules with the following OSAA modifications:

Track chair:

- The track chair shall have two rear wheels and one front wheel.
- The track chair frame shall not extend in front of the center of the front wheel hub.
- The track chair may have no mechanical gears or levers that would propel the chair.
- The steering must be hand operated. NO electronic steering is allowed.
- NO part of the track chair or frame may protrude past the furthest point of the rear wheel.
- Athlete's lower limbs must be secured to the track chair. Any touch of the ground by the lower limb results in disqualification from the event.
- Competitors are responsible for the proper functioning of the track chair. No event shall be delayed for equipment failure prior to event.

Wheels:

- The maximum diameter of the rear wheel and inflated tire is 70 cm.
- The maximum diameter of the front wheel and inflated tire is 50 cm.
- Each rear wheel may have one hand rim.

Helmet and Gloves:

- All competitors must wear a CPSC certified helmet (Bike/Skate)
- All competitors must start each event using racing gloves.
- Athletes may only propel the chair forward by pushing on the wheels or hand rims.

The Race:

- The Start: The Center of the front axle (axle plane) may not extend over the starting line.
- The Finish: The finish of the race occurs when the center of the front axles (axle plane) crossing the finish line.
- Passing or changing lanes: Competitors must have full clearance of another athlete's front wheel in order to pass or move into another lane. Failure to pass or change lanes correctly will result in disqualification.
- Obstruction: Athletes may not touch or obstruct another competitor during an event. Obstruction of an athlete will result in disqualification.
- Propulsion and steering: The wheelchair must be maneuvered with the hands and arms only.

Field Event Rules – Para-Athlete Shot Put:

- The event shall follow all OSAA and NFHS rules with the following modifications:
- Athletes who are in a wheelchair may compete in the same flight as ambulatory athletes but will be placed separately by gender.
- All wheelchair competitors must put the shot from a “chair” (manual wheelchair, throwing chair, power wheelchair).
- Scooters and “standing chairs” will not be allowed.
- The upper most part of the cushion/seat on any chair may not exceed 75 cm(29.5inches).
- The chair will be considered an extension of the athletes’ body. For example: any part of the chair touching the top of the stop board is a foul.
- A coach may assist the athlete entering the circle.
- One buttock cheek must remain in contact with the seat during the throw.
- The athlete may have an individual hold the chair during the throw to prevent excessive movement.

Shot Put Weights:

- Boys will use an 8.81 lb. (4K) shot.
- Girls Category will use a 6 lb. shot.

State Championships Scoring Procedures:

Para-athletes will compete in combined flights, regardless of gender or disability type (wheelchair or ambulatory), until we reach a minimum of at least eight wheelchair and/or ambulatory entries from qualifying events.

- If eight or more wheelchair and/or ambulatory athletes qualify, entries will be separated into timed finals by disability type and fields will continue to contain mixed genders. Scoring will be separated by gender and disability type (wheelchair or ambulatory).
- In the case of less than eight wheelchair and/or ambulatory athletes qualifying, entries will participate as a timed final regardless of disability type and fields will contain mixed genders. Scoring will be separated by gender and disability type (wheelchair or ambulatory).

Example Situation – Five para-athletes qualify in the 100M. Three of the entries are wheelchair and the other two entries are ambulatory.

Lane	Participant	Type	School	Finish	Inclusion Points Awarded
2	Boy A	Ambulatory	School 1	4	5
3	Boy B	Wheelchair	School 2	1	5
4	Girl A	Ambulatory	School 1	2	5
5	Girl B	Ambulatory	School 3	3	3
6	Girl C	Wheelchair	School 4	5	5

In this example, we have five total teams competing in the para-athlete division – two Boys Teams (one ambulatory and one wheelchair) and three Girls Teams (two ambulatory and one wheelchair). Standard NFHS scoring (outlined in the chart below) provides the point structure that will be used. Since Boy B was the timed final Boys Wheelchair winner he earns five points. Girl A (second place finisher in the timed final) is the Girls Ambulatory winner and earns five points. Boy A is the fourth place finisher (first place Boys Ambulatory winner) so he earns five points. Girl B is the second place Girls Ambulatory finisher and earns three points. Girl C is the first place Girls Wheelchair finisher and earns five points.

Below is a chart summarizing individual point structure based on number of teams participating by gender.

Number of Teams Competing in the Event	Individual Scoring
1	5 – 3
2	5 – 3 – 1
3	5 – 3 – 2 – 1
4	6 – 4 – 3 – 2 – 1
5	8 – 6 – 4 – 2 – 1
6	10 – 8 – 6 – 4 – 2 – 1
7 or more (6 scoring)	10 – 8 – 6 – 4 – 2 – 1
7 or more (7 scoring)	10 – 8 – 6 – 4 – 3 – 2 – 1
7 or more (8 scoring)	10 – 8 – 6 – 5 – 4 – 3 – 2 – 1

Team Scoring Procedures:

Team points earned by wheelchair and/or ambulatory athletes will be added back to the represented school to be added to their overall team point score. If the points from the athlete(s) moves a team to trophy consideration and those combined points overtake another school, dual trophies will be presented for that trophy position.

Example –

- 1st Team A: 80 team points (no wheelchair or ambulatory entries)
- 2nd Team B: 70 team points (no wheelchair or ambulatory entries)
- 3rd Team C: 60 team points (no wheelchair or ambulatory entries)
- 4th Team D: 50 team points (no wheelchair or ambulatory entries)
- 5th Team E: 48 team points (wheelchair or ambulatory entries)

Teams A, B, C and D do not have wheelchair or ambulatory entries. Team E had one wheelchair athlete qualify and they score three team points in the event. Adding the wheelchair athlete's team points to the overall team score move Team E into 4th place position with 51 points. Teams D and E would both receive a 4th place championship trophy.

J. Awards:

- 1) Trophies – If a school is already in trophy position and the inclusion points earned by an athlete(s) moves a school up (i.e., 3rd to 2nd) a school will receive both trophies.
- 2) Medals – Champion through 8th place medals will be awarded in each event by gender and disability type (wheelchair or ambulatory).

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 2025* 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 24. 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 24.**

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 25 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.) 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 26**) 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 26)** 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 26)** 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 26)** deadline. However, after the established Monday 4pm **(6A, 5A, 4A, 3A, 2A, 1A – May 26)** deadline, any of the entered relay team members may be replaced by the Wednesday 4pm **(6A, 5A, 4A, 3A, 2A, 1A – May 28)** 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 26)** 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 27) (6A, 5A, 4A – May 28)** 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 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 2 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:**
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- D. **4A:**
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- E. **3A:**
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- 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 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.

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.
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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, it is suggested that the second qualifier from that district be determined by Rule 6-3-2.

I. **Para-Athletes:** [\(Para-Athlete Disability Certificate\)](#) *(Revised Spring 2024)*

- 1) Athletes who meet the [qualifying standards](#) at their district meet shall combine in the 100M, 400M, 1500M and Shot Put 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 eight students qualify in an event, the OSAA will explore splitting out the events by gender or disability type (wheelchair or ambulatory).
- 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 at the State Championships.
- 4) To facilitate training and competition for para-athletes it is recommended that all leagues/conferences/districts include a para-athlete 100M, 400M, 1500M and Shot Put in their event schedules. 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.

J. **Track Event Rules – Para-Athlete 100m, 400m & 1500m Races:**

The event shall follow NFHS and OSAA rules with the following OSAA modifications:

Track chair:

- The track chair shall have two rear wheels and one front wheel.
- The track chair frame shall not extend in front of the center of the front wheel hub.
- The track chair may have no mechanical gears or levers that would propel the chair.
- The steering must be hand operated. NO electronic steering is allowed.
- NO part of the track chair or frame may protrude past the furthest point of the rear wheel.
- Athlete's lower limbs must be secured to the track chair. Any touch of the ground by the lower limb results in disqualification from the event.
- Competitors are responsible for the proper functioning of the track chair. No event shall be delayed for equipment failure prior to event.

Wheels:

- The maximum diameter of the rear wheel and inflated tire is 70 cm.
- The maximum diameter of the front wheel and inflated tire is 50 cm.
- Each rear wheel may have one hand rim.

Helmet and Gloves:

- All competitors must wear a CPSC certified helmet (Bike/Skate)
- All competitors must start each event using racing gloves.
- Athletes may only propel the chair forward by pushing on the wheels or hand rims.

The Race:

- The Start: The Center of the front axle (axle plane) may not extend over the starting line.
- The Finish: The finish of the race occurs when the center of the front axles (axle plane) crossing the finish line.
- Passing or changing lanes: Competitors must have full clearance of another athlete's front wheel in order to pass or move into another lane. Failure to pass or change lanes correctly will result in disqualification.
- Obstruction: Athletes may not touch or obstruct another competitor during an event. Obstruction of an athlete will result in disqualification.
- Propulsion and steering: The wheelchair must be maneuvered with the hands and arms only.

Field Event Rules – Para-Athlete Shot Put:

- The event shall follow all OSAA and NFHS rules with the following modifications:
- Athletes who are in a wheelchair may compete in the same flight as ambulatory athletes but will be placed separately by gender.
- All wheelchair competitors must put the shot from a "chair" (manual wheelchair, throwing chair, power wheelchair).
- Scooters and "standing chairs" will not be allowed.
- The upper most part of the cushion/seat on any chair may not exceed 75 cm(29.5inches).
- The chair will be considered an extension of the athletes' body. For example: any part of the chair touching the top of the stop board is a foul.
- A coach may assist the athlete entering the circle.
- One buttock cheek must remain in contact with the seat during the throw.
- The athlete may have an individual hold the chair during the throw to prevent excessive movement.

Shot Put Weights:

- Boys will use an 8.81 lb. (4K) shot.
- Girls Category will use a 6 lb. shot.

State Championships Scoring Procedures:

Para-athletes will compete in combined flights, regardless of gender or disability type (wheelchair or ambulatory), until we reach a minimum of at least eight wheelchair and/or ambulatory entries from qualifying events.

- If eight or more wheelchair and/or ambulatory athletes qualify, entries will be separated into timed finals by disability type and fields will continue to contain mixed genders. Scoring will be separated by gender and disability type (wheelchair or ambulatory).
- In the case of less than eight wheelchair and/or ambulatory athletes qualifying, entries will participate as a timed final regardless of disability type and fields will contain mixed genders. Scoring will be separated by gender and disability type (wheelchair or ambulatory).

Example Situation – Five para-athletes qualify in the 100M. Three of the entries are wheelchair and the other two entries are ambulatory.

Lane	Participant	Type	School	Finish	Inclusion Points Awarded
2	Boy A	Ambulatory	School 1	4	5
3	Boy B	Wheelchair	School 2	1	5
4	Girl A	Ambulatory	School 1	2	5
5	Girl B	Ambulatory	School 3	3	3
6	Girl C	Wheelchair	School 4	5	5

In this example, we have five total teams competing in the para-athlete division – two Boys Teams (one ambulatory and one wheelchair) and three Girls Teams (two ambulatory and one wheelchair). Standard NFHS scoring (outlined in the chart below) provides the point structure that will be used. Since Boy B was the timed final Boys Wheelchair winner he earns five points. Girl A (second place finisher in the timed final) is the Girls Ambulatory winner and earns five points. Boy A is the fourth place finisher (first place Boys Ambulatory winner) so he earns five points. Girl B is the second place Girls Ambulatory finisher and earns three points. Girl C is the first place Girls Wheelchair finisher and earns five points.

Below is a chart summarizing individual point structure based on number of teams participating by gender.

Number of Teams Competing in the Event	Individual Scoring
1	5 – 3
2	5 – 3 – 1
3	5 – 3 – 2 – 1
4	6 – 4 – 3 – 2 – 1
5	8 – 6 – 4 – 2 – 1
6	10 – 8 – 6 – 4 – 2 – 1
7 or more (6 scoring)	10 – 8 – 6 – 4 – 2 – 1
7 or more (7 scoring)	10 – 8 – 6 – 4 – 3 – 2 – 1
7 or more (8 scoring)	10 – 8 – 6 – 5 – 4 – 3 – 2 – 1

Team Scoring Procedures:

Team points earned by wheelchair and/or ambulatory athletes will be added back to the represented school to be added to their overall team point score. If the points from the athlete(s) moves a team to trophy consideration and those combined points overtake another school, dual trophies will be presented for that trophy position.

Example –

- 1st Team A: 80 team points (no wheelchair or ambulatory entries)
- 2nd Team B: 70 team points (no wheelchair or ambulatory entries)
- 3rd Team C: 60 team points (no wheelchair or ambulatory entries)
- 4th Team D: 50 team points (no wheelchair or ambulatory entries)
- 5th Team E: 48 team points (wheelchair or ambulatory entries)

Teams A, B, C and D do not have wheelchair or ambulatory entries. Team E had one wheelchair athlete qualify and they score three team points in the event. Adding the wheelchair athlete's team points to the overall team score move Team E into 4th place position with 51 points. Teams D and E would both receive a 4th place championship trophy.

K. Awards:

- 1) Trophies – If a school is already in trophy position and the inclusion points earned by an athlete(s) moves a school up (i.e., 3rd to 2nd) a school will receive both trophies.
- 2) Medals – Champion through 8th place medals will be awarded in each event by gender and disability type (wheelchair or ambulatory).

2. PRELIMINARIES – SEEDING:

- A. Hand timed vs. FAT – As per Rule 3-9-8, 2024 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, 2023 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, 2024 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



2025 Track & Field State Championships Qualifying Standards

Boys

	6A		5A		4A		3A		2A		1A	
	Four-year average of fourth place with the standard		Four-year average of fourth place with the standard		Four-year average of fourth place with the standard		Four-year average of fourth place with the standard		Four-year average of fourth place with the standard		Four-year average of fourth place with the standard	
	FAT		FAT		FAT		FAT		FAT		FAT	
100	10.88		11.07		11.26		11.38		11.48		11.58	
200	22.25		22.48		22.73		23.02		23.49		23.39	
400	49.91		50.38		51.34		51.91		52.51		52.57	
800	1:55.19		1:56.60		1:59.20		2:02.06		2:05.32		2:02.04	
1500	3:55.04		3:58.22		4:08.32		4:12.50		4:18.99		4:12.82	
3000	8:24.60		8:33.60		9:00.79		9:14.29		9:20.43		9:17.75	
110 High Hurdles	15.10		15.40		16.06		16.32		16.43		16.61	
300 Int Hurdles	39.77		40.87		41.43		41.84		42.58		42.66	
	English	Metric	English	Metric	English	Metric	English	Metric	English	Metric	English	Metric
Long Jump	21-8 ½	6.61	21-1 ½	6.43	20-7 ½	6.28	20-1	6.12	20-1 ¾	6.14	19-10	6.04
Triple Jump	43-5 ¾	13.25	43-6 ½	13.27	42-6 ¾	12.97	40-10 ¾	12.46	40-11	12.47	40-7 ¾	12.37
Shot Put	50-3 ¾	15.33	48-4 ½	14.74	48-1 ¾	14.67	44-5 ¾	13.54	43-8 ¾	13.31	44-2 ½	13.47
Discus	146-10	44.73	143-10	43.83	143-7	43.78	131-4	40.01	129-0	39.33	132-2	40.29
Javelin	178-5	54.36	169-8	51.71	164-1	50.00	159-9	48.70	157-4	47.95	156-2	47.61
High Jump	6-2 ½	1.89	6-1	1.85	6-1	1.85	5-11 ¾	1.82	5-11 ¾	1.82	5-10 ½	1.79
Pole Vault	14-4 ½	4.38	13-6 ¾	4.12	13-6	4.11	11-11 ¾	3.65	11-8	3.55	12-0 ½	3.67

(Three-year average of third place)

4x100 Relay	42.60		43.08		43.92		44.81		45.10		45.26	
4x400 Relay	3:22.97		3:27.60		3:29.92		3:30.87		3:37.08		3:35.93	



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2025 Track & Field State Championships Qualifying Standards

Girls

	6A		5A		4A		3A		2A		1A	
	Four-year average of fourth place with the standard		Four-year average of fourth place with the standard		Four-year average of fourth place with the standard		Four-year average of fourth place with the standard		Four-year average of fourth place with the standard		Four-year average of fourth place with the standard	
	FAT		FAT		FAT		FAT		FAT		FAT	
100	12.18		12.63		12.70		13.00		13.10		13.03	
200	24.91		26.13		26.23		26.76		27.25		27.03	
400	57.30		59.66		1:00.43		1:01.24		1:01.69		1:02.54	
800	2:15.39		2:20.35		2:23.95		2:26.39		2:29.07		2:31.92	
1500	4:32.95		4:42.43		4:54.78		5:04.21		5:06.66		5:15.60	
3000	9:54.88		10:27.48		10:43.48		11:13.33		11:21.28		11:45.08	
100 High Hurdles	15.25		15.74		16.47		16.80		17.06		17.13	
300 Int Hurdles	45.63		47.04		47.86		49.13		49.61		49.38	
	English	Metric	English	Metric	English	Metric	English	Metric	English	Metric	English	Metric
Long Jump	17-9 ½	5.42	16-7	5.05	16-7	5.05	15-11	4.85	15-8 ¾	4.79	15-10	4.83
Triple Jump	37-0 ½	11.29	34-10 ¾	10.63	34-2	10.41	33-5 ¾	10.19	33-1	10.08	32-9	9.98
Shot Put	37-5 ¾	11.42	36-5 ¾	11.10	35-6 ¾	10.83	34-5 ½	10.50	34-7	10.54	33-5	10.18
Discus	127-7	38.88	116-6	35.49	111-10	34.08	109-5	33.34	107-5	32.72	101-5	30.93
Javelin	124-7	37.97	122-4 ¾	37.30	114-7	34.91	111-7	34.00	115-6	35.21	113-4	34.56
High Jump	5-4 ¼	1.63	5-0 ¾	1.54	4-11 ½	1.51	4-11 ½	1.51	4-10 ½	1.48	4-10 ½	1.48
Pole Vault	11-4	3.45	10-1 ¾	3.09	9-6 ¾	2.90	9-7	2.92	8-3	2.51	8-9 ¼	2.67

(Three-year average of third place)

4x100 Relay	48.51		50.30		50.58		51.44		52.03		52.73	
4x400 Relay	3:58.51		4:07.28		4:09.87		4:14.58		4:18.82		4:21.60	



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**2025 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)

High Jump and Pole Vault

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, it is suggested that the second qualifier from that district be determined by Rule 6-3-2.

All field events at the State Championships will be measured in metric. To make qualifying and advancing out of districts cleaner, we are asking that District Meets measure their field events in metric as well. For those of you using Athletic.net onsite at your event, please contact them as they are prepared to support you. For any other events, please contact Kelly Foster if you have any questions about this process or need assistance sourcing metric measuring devices. Results will still be displayed in English as well.

Vertical Jump Maximum Starting Heights and Required Increments:

- High Jump – maximum starting height listed below; 5cm increments until the height shown; 3cm increments thereafter.
- Pole Vault – maximum starting height listed below; 15cm increments until the height shown; 7cm increments thereafter.

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 the **table below**. (Ex: the starting height is listed as 1.28m with increments of 5cm – you can go down to 1.23m, 1.18m, etc.)

2025 High Jump Maximum Starting Heights - Increments				
Classification	GIRLS		BOYS	
	Starting Height	5cm Increment Until (3cm thereafter)	Starting Height	5cm Increment Until (3cm thereafter)
6A	1.32m	1.57m	1.58m	1.83m
5A	1.28m	1.48m	1.59m	1.79m
4A	1.20m	1.45m	1.59m	1.79m
3A	1.20m	1.45m	1.51m	1.76m
2A	1.22m	1.42m	1.51m	1.76m
1A	1.22m	1.42m	1.53m	1.73m

2025 Pole Vault Maximum Starting Heights – Increments				
Classification	GIRLS		BOYS	
	Starting Height	15cm Increment Until (7cm thereafter)	Starting Height	15cm Increment Until (7cm thereafter)
6A	2.56m	3.31m	3.19m	4.24m
5A	2.20m	2.95m	3.23m	3.98m
4A	1.94m	2.69m	3.15m	3.90m
3A	1.96m	2.71m	2.39m	3.44m
2A	1.62m	2.37m	2.44m	3.34m
1A	1.56m	2.46m	2.41m	3.46m

INCREMENTS FOR VERTICAL EVENTS AT DISTRICT MEETS - 2025

The following increments are to be used at district meets for the high jump and pole vault. You may start lower than what is stated, but it must be decreased by the same increment down (Example: the starting height is listed as 1.28 m with increments of 5 cm – you can go down to 1.23m, 1.18m, etc.) You must use the increments listed until only one person is left in the event – they may then choose what height they would like, but it must be recorded in metric.

1A Girls **HJ (1.48m)** starting height 1.22m; 5cm increments to 1.42m; 3cm increments thereafter 1.22, 1.27, 1.32, 1.37, 1.42, 1.45, 1.48, 1.51, 1.54, 1.57 and on
PV (2.67m) starting height 1.56m; 15cm increments to 2.46m; 7cm thereafter 1.56, 1.71, 1.86, 2.01, 2.16, 2.31, 2.46, 2.53, 2.60, 2.67, 2.74 and on

1A Boys **HJ (1.79m)** starting height 1.53m; 5cm increments to 1.73m; 3cm thereafter 1.53, 1.58, 1.63, 1.68, 1.73, 1.76, 1.79, 1.82, 1.85, 1.88, 1.91 and on
PV (3.67m) starting height 2.41m; 15cm increments to 3.46m; 7 cm thereafter 2.41, 2.56, 2.71, 2.86, 3.01, 3.16, 3.31, 3.46, 3.53, 3.60, 3.67, 3.74 and on

2A Girls **HJ (1.48m)** starting height 1.22m; 5cm increments to 1.42m; 3cm thereafter 1.22, 1.27, 1.32, 1.37, 1.42, 1.45, 1.48, 1.51, 1.54, 1.57 and on
PV (2.51m) starting height 1.62m; 15cm increments to 2.37m; 7cm thereafter 1.62, 1.77, 1.92, 2.07, 2.22, 2.37, 2.44, 2.51, 2.58, 2.65, 2.72 and on

2A Boys **HJ (1.82m)** starting height 1.51m; 5cm increments to 1.76m; 3 cm thereafter 1.51, 1.56, 1.61, 1.66, 1.71, 1.76, 1.79, 1.82, 1.83, 1.88, 1.91 and on
PV (3.55m) starting height 2.44m; 15cm increments to 3.34m; 7cm thereafter 2.44, 2.59, 2.74, 2.89, 3.01, 3.19, 3.34, 3.41, 3.48, 3.55, 3.62, 3.69 and on

3A Girls **HJ (1.51m)** starting height 1.20m; 5 cm increments to 1.45m; 3cm thereafter 1.20, 1.25, 1.30, 1.35, 1.40, 1.45, 1.48, 1.51, 1.54, 1.57, 1.60 and on
PV (2.92m) starting height 1.96m; 15cm increments to 2.71; 7cm thereafter 1.96, 2.11, 2.26, 2.41, 2.56, 2.71, 2.78, 2.85, 2.92, 2.99, 3.06, 3.13, 3.20, 3.27, 3.34, 3.41, 3.48, 3.55, 3.62, 3.69, 3.76 and on

3A Boys **HJ (1.82m)** starting height 1.51m; 5cm increments to 1.76m; 3cm thereafter 1.51, 1.56, 1.61, 1.66, 1.71, 1.76, 1.79, 1.82, 1.85, 1.88, 1.91 and on
PV (3.65m) starting height 2.39m; 15cm increments to 3.44m; 7cm thereafter 2.39, 2.54, 2.69, 2.84, 2.99, 3.14, 3.29, 3.44, 2.51, 2.58, 2.65 and on

4A Girls **HJ (1.51m)** starting height 1.20m; 5 cm increments to 1.45m; 3cm thereafter 1.20, 1.25, 1.30, 1.35, 1.40, 1.45, 1.48, 1.51, 1.54, 1.57, 1.60 and on
PV (2.90m) starting height 1.94m; 15cm increments to 2.69; 7cm thereafter 1.94, 2.09, 2.24, 2.39, 2.54, 2.69, 2.76, 2.83, 2.90, 2.97, 3.04 and on

4A Boys **HJ (1.85m)** starting height 1.59m; 5cm increments to 1.79m; 3 cm thereafter 1.59, 1.64, 1.69, 1.74, 1.79, 1.82, 1.85, 1.88, 1.91, 1.94 and on
PV (4.11m) starting height 3.15m; 15cm increments to 3.90m; 7cm thereafter 3.15, 3.30, 3.45, 3.60, 3.75, 3.90, 3.97, 4.04, 4.11, 4.18, 4.25 and on

5A Girls	<p>HJ (1.54m) starting height 1.28m; 5cm increments to 1.48m; 3cm thereafter 1.28, 1.33, 1.38, 1.43, 1.48, 1.51, 1.54, 1.57, 1.60, 1.63, 1.66 and on</p> <p>PV (3.09m) starting height 2.20m; 15cm increments to 2.95m; 7cm thereafter 2.20, 2.35, 2.50, 2.65, 2.80, 2.95, 3.02, 3.09, 3.16, 3.23, 3.30 and on</p>
5A Boys	<p>HJ (1.85m) starting height 1.59m; 5cm increments to 1.79m; 3 cm thereafter 1.59, 1.64, 1.69, 1.74, 1.79, 1.82, 1.85, 1.88, 1.91, 1.94 and on</p> <p>PV (4.12m) starting height 3.23m; 15cm increments to 3.98m; 7cm thereafter 3.23, 3.38, 3.53, 3.68, 3.83, 3.98, 4.05, 4.12, 4.19, 4.26 and on</p>
6A Girls	<p>HJ (1.63m) starting height 1.32m; 5cm increments to 1.57m; 3cm thereafter 1.32, 1.37, 1.42, 1.47, 1.52, 1.57, 1.60, 1.63, 1.66, 1.69 and on</p> <p>PV (3.45m) starting height 2.56m; 15cm increments to 3.31m; 7cm thereafter 2.56, 2.71, 2.86, 3.01, 3.16, 3.31, 3.46, 3.61, 3.76, 3.91 and on</p>
6A Boys	<p>HJ (1.89m) starting height 1.58m; 5cm increments 1.83m; 3 cm thereafter 1.58, 1.63, 1.68, 1.73, 1.78, 1.83, 1.86, 1.89, 1.92, 1.95 and on</p> <p>PV (4.38m) starting height 3.17m; 15cm increments to 4.24m; 7cm thereafter 3.19, 3.34, 3.49, 3.64, 3.79, 3.94, 4.09, 4.24, 4.31, 4.38, 4.45 and on</p>

2025 TRACK and FIELD DISTRICT MEET DIRECTORS

Updated: 4/25/2025

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.						
District	League Name	Date(s)	Site	AD / DMD	Host School	AD's Work Phone
6A-1	PIL	May 21, 23	Lincoln HS	Kelle Sauer, AD / Meet Director Jeff Peeler, Meet Director	Lincoln HS	503.916.5120
6A-2	METRO	May 21, 23	Jesuit HS	Colin Griffin, AD Shane Kessler, Meet Director	Jesuit HS	503.291.5418
6A-3	PACIFIC	May 21, 23	George Fox University	Alan Foster, AD / Meet Director	Liberty HS Glencoe HS	503.844.1277
6A-4	MT HOOD	May 20, 21	Gresham HS	Dan Dalzell, AD (Barlow) Tim Mowery, Meet Director	Gresham HS	503.258.4905
6A-5	THREE RIVERS	May 21, 23	Oregon City HS	Trinity Gibbons, AD Ryan Taylor, Meet Director (Tigard AD)	Oregon City HS	503.785.8739
6A-6	CENTRAL VALLEY	May 21, 23	Western Oregon University	Josh Thorp, AD / Meet Director	Sprague HS	503.399.3261
6A-7	SOUTHWEST	May 20, 22	North Medford HS	Pieter Voskes, AD Kendall Erb, Meet Director	North Medford HS	541.842.1184
5A-1	NORTHWEST OREGON	May 21, 23	Canby HS	Daunte Gouge, AD / Meet Director (Centennial AD) Mike Henderson, Meet Director	Canby HS	503.762.6136
5A-2	MIDWESTERN	May 22, 24	Springfield HS	Audrea Shelley, AD / Meet Director	Springfield HS	541.744.4891
5A-3	MID-WILLAMETTE	May 21, 23	Silverton HS	Andy Jones, AD Salvador Munoz, Meet Director	Silverton HS	503.873.6331 x3823
5A-4	INTERMOUNTAIN	May 22, 23	Bend HS	Ricky Rodriguez, AD Dave Hood, Meet Director	Bend HS	541.355.3802
4A-1	COWAPA	May 21, 22	Scappoose HS	Dale French, AD Dave Harley, Meet Director	Scappoose HS	971.200.8054
4A-2	TRI-VALLEY	May 21, 22	Ward Rhoden Stadium, Prineville	Rob Bonner, AD / Meet Director Ernie Brooks, Meet Director	Crook County HS	541.416.6900 x3107
4A-3	OREGON WEST	May 23, 24	Philomath HS	Mike Hood, AD / Meet Director Joe Fulton, Meet Director	Philomath HS	541.929.3211
4A-4	SKY-EM	May 23, 24	Marist HS	Rick Gardner, AD / Meet Director	Marist HS	541.686.2234
4A-5	SKYLINE	May 23, 24	Modoc Field - Klamath Union	Tyler Baker, AD Scott Olsen, Meet Director	Klamath Union HS	541.883.4710
4A-6	GREATER OREGON	May 23	Ontario HS	Josh Mink, AD / Meet Director	Ontario HS	541.889.5309 x1009

2025 TRACK and FIELD DISTRICT MEET DIRECTORS

Updated: 4/25/2025

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District	League Name	Date(s)	Site	AD / DMD	Host School	AD's Work Phone E-mail
3A-SD1	SPECIAL DISTRICT 1	May 22, 23	Suslaw HS	Chris Johnson, AD / Meet Director	Suslaw HS	541.957.3448 cjohnson@suslaw.k12.or.us
3A-1	LEWIS & CLARK	May 22, 23	Valley Catholic HS	K.T. Emerson	Valley Catholic HS	503.570.4720 kemerson@valleycatholic.org
3A-SD2	SPECIAL DISTRICT 2	May 21, 22	Brookings-Harbor HS	Keith Wallin, AD / Meet Director	Brookings-Harbor HS	541.469.2108 keithw@brookings.k12.or.us
3A-2	COASTAL RANGE	May 22, 23	Yamhill Carlton HS	Brad Post, AD / Meet Director	Yamhill Carlton HS	503.852.7600 postb@yschools.org
3A-3	PACWEST	May 23, 24	Dayton HS	Frank Baumholtz, AD Doug Naugle, Meet Director	Dayton HS	503.864.2273 frank.baumholtz@dayton.k12.or.us doug.naugle@jfferson.k12.or.us
3A-6	EASTERN OREGON	May 23, 24	Shockman Field, Milton-Freewater	Roberto Gomez, AD Pam Milleson, Meet Director	McLoughlin HS	541.938.5591 roberto.gomez@mltfreed.org chickenmilleson@gmail.com
2A-SD1	SPECIAL DISTRICT 1	May 22, 23	Portland Christian HS	Erik Lyslo, AD / Meet Director	Portland Christian HS	503.256.3960 x266 erik.lyslo@pcschools.org
2A-SD2	SPECIAL DISTRICT 2	May 22, 24	Kennedy HS	Kevin Moffatt, AD Steven Ritchie, Meet Director	Kennedy HS	503.845.6128 kevin.moffatt@mscd91.org steve.ritchie@mscd91.org
2A-SD3	SPECIAL DISTRICT 3	May 23	Illinois Valley HS	Erica Butler, AD Scott Thornhill, Meet Director	Illinois Valley HS	541.592.2116 erica.butler@threerivers.k12.or.us scott.thornhill@threerivers.k12.or.us
2A-SD4	SPECIAL DISTRICT 4	May 23, 24	Crook County HS	Kyle Kuust, AD / Meet Director	Culver HS	541.546.2201 kkuust@culver.k12.or.us
1A-SD1	SPECIAL DISTRICT 1	May 22, 23	Portland Christian HS	Hayley Emly, AD / Meet Director	Portland Christian HS	503.646.4617 hemly@ststephensacademy.com
1A-SD2	SPECIAL DISTRICT 2	May 23, 24	McKenzie Community Track & Field	Leon Carl, AD / Meet Director	McKenzie HS	541.925.3262 lcarl@blachly90.com
1A-SD3	SPECIAL DISTRICT 3	May 22, 23	South Wasco County HS	Jim Hull, AD / Meet Director Ryan Rudolf, Meet Director	South Wasco HS Lone HS	541.395.2225 x223 jimh@swasco.net ryan.rudolf@loneisd.org
1A-SD4	SPECIAL DISTRICT 4	May 22	Baker HS	Simon Lamson, AD Brad Dunten, Meet Director	Baker HS Powder Valley HS	541.524.2600 simon.lamson@bakersd.org brad.dunten@powdersd.org

**OSAA / OnPoint Community Credit Union 2025 Track and Field District Meet
Public Address Script**

Good afternoon/evening and welcome to today's/tonight'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)

In sport, every participant must play by the same rules. Now, so does everyone in attendance at OSAA interscholastic events. Each of us is expected to encourage and contribute to an environment of SAFETY, TOLERANCE, ACCEPTANCE and RESPECT throughout the event. The OSAA calls it being a STAR. And if you can do it, consider yourself a STAR. If you can't, you'll find yourself on the outside looking in at this and potentially any future interscholastic events in Oregon.

We all have a role to play in making events like this a success. So, whether you're on the field or in the stands—play well, play hard, and play fair. Because Greatness...is Hateless.

OSAA SPONSOR ANNOUNCEMENTS

Sponsor announcements are for use during breaks in the action and can be read more than once.

1. 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 522,000 members. Federally insured by NCUA. Equal housing opportunity.
2. OSAA dot org is the online home of the OSAA Track and Field State Championships. The official website of the OSAA has updated results, links to purchase tickets and souvenir merchandise, and historical Track and Field State Championships results. Be sure to visit OSAA dot org
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 Track and Field 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. 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.
6. 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.
7. 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.
8. 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 to find out how you can help.

9. 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.
10. Nike is a proud sponsor of the OSAA Track and Field State Championships. Visit them online at [nike dot com](http://nike.com) to see the latest in Nike gear.
1. Jiffy Lube is proud to sponsor the Oregon School Activities Association. Visit jiffylubeoregon.com for special discounts, services, and a location near you. Also learn about our Jiffy Lube "What Drives You?" Teen Driver Scholarship Program. That's jiffylubeoregon.com
11. 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](http://Toyota.com).
12. Triple A. Providing you 24-hour roadside assistance as a driver, a passenger or on your bike. And offering coverage through Triple A Insurance including customized home and auto coverage. Learn more at [Triple A dot com](http://TripleA.com).
13. 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.
14. The official OSAA State Championship Program is available to download right to the palm of your hand! Programs are available on the new OSAA Live mobile app or online at [OSAA dot org backslash program](http://OSAA.org/backslashprogram).
15. Milk has fueled athletes for centuries, delivering a powerful combination of natural nutrients that aid muscle repair, rehydration, and replenishment. The Oregon Dairy and Nutrition Council is proud to refuel Oregon athletes with milk - the official recovery beverage of the OSAA. Find out more about what milk can do for you at gonnaneedmilk.com
16. Since 1990, Settlemier's Jackets has been making the finest Letterman Jackets for the Oregon high school community. For three generations this family business has been building varsity jackets using local materials and labor, crafting high-quality jackets to tell the story of the Oregon athletes, activists and artists. Settlemier's believes that your best deserves the best, without compromise. Visit settlemiersjackets.com to rep your Oregon High School with the local pride that comes from owning a custom-made Settlemier's Jacket!
17. 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 from the OSAA.
18. Determination, hard work, perseverance and sacrifice. These are qualities student athletes possess when they're performing at the highest levels. They are also the same qualities we look for in the next generation of Sailors in the US Navy. So, when you hang up your varsity jacket, come join our team.
19. Honor. Loyalty. Dedication. Compassion. Integrity. Do these words resonate with you? These are the qualities we're looking for in future Oregon State Police troopers. Talk to a recruiter to learn about current entry-level and lateral career opportunities or find out how you can prepare for a career in law enforcement. Visit [O-S-P-Trooper dot com](http://O-S-P-Trooper.com) for more information.
20. Dave's Hot Chicken specializes in Hot Chicken Sliders, Tenders and Bites, along with house-made Kale Slaw, creamy Mac & Cheese and crispy French Fries. Offered at seven spice levels ranging from No Spice to Reaper® (which requires a signed waiver for those who dare), each piece of hand-breaded chicken is spiced-to-order. Spicy. Hot. DELICIOUS!
21. Oregon Beef Council – Beef is packed with the protein and nutrients needed to fuel strong bodies and sharp minds. Whether it's a pre-game meal or a post-game celebration, beef is the perfect way to power your performance and enjoy the taste of victory.

22. The Oregon Seed Council is a proud sponsor of the OSAA and supports its schools and athletes. Oregon's seed industry promotes sustainable agriculture with natural regenerative properties, a focus on carbon sequestration, and stewardship. Visit OregonSeedCouncil.org to learn more.
23. 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.
24. 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](http://OregonArmyGuard.com). Again. That's OREGON ARMY GUARD DOT COM.
25. Northwest Sports Photography is shooting action, team and awards photos during this year's Track and Field State Championships. Go to [N S P dot COM](http://NSP.com) to preorder your photos before the State Championship.

END OF MATCH 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 29-31 at Hayward Field at the University of Oregon. Visit [OSAA dot org](http://OSAA.org) for event information and to purchase tickets. Don't forget to visit [OSAA store dot com](http://OSAAstore.com) to order official OSAA Track & Field State Championships merchandise. For all of you driving home, The Oregon Department of Transportation reminds you to Park your Phone on your way home, so our roadways are safer for everyone. Safety starts with you!



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!