

2022 OSAA/OnPoint Community Credit Union Track and Field State Championships

Presented by NIKE

Starting Heights and Increments



6A Boys High Jump

Start at 6'0"; 2" increments to 6'4"; 1" increments thereafter

6A Boys Pole Vault

Start at 11'6"; 6" increments to 14'0"; 3" increments thereafter

6A Girls High Jump

Start at 5'0"; 2" increments to 5'4"; 1" increments thereafter

6A Girls Pole Vault

Start at 9'6"; 6" increments to 11'0"; 3" increments thereafter

5A Boys High Jump

Start at 5'10"; 2" increments to 6'2"; 1" increments thereafter

5A Boys Pole Vault

Start at 11'6"; 6" increments to 15'0"; 3" increments thereafter

5A Girls High Jump

Start at 4'8"; 2" increments to 5'2"; 1" increments thereafter

5A Girls Pole Vault

Start at 8'6"; 6" increments to 11'0"; 3" increments thereafter

4A Boys High Jump

Start at 5'8"; 2" increments to 6'0"; 1" increments thereafter

4A Boys Pole Vault

Start at 11'6"; 6" increments to 14'0"; 3" increments thereafter

4A Girls High Jump

Start at 4'8"; 2" increments to 5'8"; 1" increments thereafter

4A Girls Pole Vault

Start at 7'6"; 6" increments to 10'0"; 3" increments thereafter

3A Boys High Jump

Start at 5'6"; 2" increments to 6'0"; 1" increments thereafter

3A Boys Pole Vault

Start at 9'6"; 6" increments to 12'0"; 3" increments thereafter

3A Girls High Jump

Start at 4'6"; 2" increments to 5'0"; 1" increments thereafter

3A Girls Pole Vault

Start at 7'0"; 6" increments to 11'0"; 3" increments thereafter

2A Boys High Jump

Start at 5'8"; 2" increments to 5'10"; 1" increments thereafter

2A Boys Pole Vault

Start at 9'6"; 6" increments to 14'6"; 3" increments thereafter

2A Girls High Jump

Start at 4'6"; 2" increments to 5'0"; 1" increments thereafter

2A Girls Pole Vault

Start at 7'10"; 6" increments to 9'4"; 3" increments thereafter

1A Boys High Jump

Start at 5'8"; 2" increments to 6'0"; 1" increments thereafter

1A Boys Pole Vault

Start at 9'2"; 6" increments to 13'2"; 3" increments thereafter

1A Girls High Jump

Start at 4'6"; 2" increments to 5'0"; 1" increments thereafter

1A Girls Pole Vault

Start at 7'0"; 6" increments to 9'0"; 3" increments thereafter

2022 OSAA/OnPoint Community Credit Union Track and Field State Championships

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Thursday FINAL Schedule - May 19, 2022



Running Events	Heat 1	Heat 2	Field Events	Time
1A Girls 3000-meter Run (Final)	12:30 PM		1A Boys High Jump (East Apron)	10:00 AM
2A Girls 3000-meter Run (Final)	12:45 PM		1A Boys Long Jump (East Pit)	11:15 AM
3A Girls 3000-meter Run (Final)	1:00 PM		1A Girls Discus	11:30 AM
1A Boys 3000-meter Run (Final)	1:15 PM		1A Girls Long Jump (West Pit)	1:45 PM
2A Boys 3000-meter Run (Final)	1:28 PM		1A Boys Shot Put (East Pit)	1:45 PM
3A Boys 3000-meter Run (Final)	1:41 PM		1A Girls Javelin	2:00 PM
1A Girls 100-meter Dash	1:54 PM	1:58 PM	1A Girls High Jump (West Apron)	2:45 PM
2A Girls 100-meter Dash	2:02 PM	2:06 PM	1A Boys Pole Vault (East Pit)	3:00 PM
3A Girls 100-meter Dash	2:10 PM	2:14 PM		
1A Boys 100-meter Dash	2:18 PM	2:22 PM	2A Boys Pole Vault (East Pit)	10:00 AM
2A Boys 100-meter Dash	2:26 PM	2:30 PM	2A Girls Javelin	10:00 AM
3A Boys 100-meter Dash	2:34 PM	2:38 PM	2A Girls Long Jump (West Pit)	11:45 AM
1A Girls 400-meter Dash	2:42 PM	2:46 PM	2A Girls High Jump (East Apron)	1:15 PM
2A Girls 400-meter Dash	2:50 PM	2:54 PM	2A Boys Long Jump (East Pit)	1:15 PM
3A Girls 400-meter Dash	2:58 PM	3:02 PM	2A Girls Discus	3:30 PM
1A Boys 400-meter Dash	3:06 PM	3:10 PM	2A Boys Shot Put (East Pit)	3:45 PM
2A Boys 400-meter Dash	3:14 PM	3:18 PM		
3A Boys 400-meter Dash	3:22 PM	3:26 PM	3A Girls High Jump (West Apron)	10:15AM
1A Girls 100-meter High Hurdles	3:36 PM	3:40 PM	3A Boys Shot Put (East Pit)	11:45 AM
2A Girls 100-meter High Hurdles	3:44 PM	3:48 PM	3A Boys Pole Vault (East Pit)	12:30 PM
3A Girls 100-meter High Hurdles	3:52 PM	3:56 PM	3A Girls Javelin	12:00 PM
1A Boys 110-meter High Hurdles	4:00 PM	4:04 PM	3A Girls Discus	1:30 PM
2A Boys 110-meter High Hurdles	4:08 PM	4:12 PM	3A Boys Long Jump (East Pit)	3:15 PM
3A Boys 110-meter High Hurdles	4:16 PM	4:20 PM	3A Girls Long Jump (West Pit)	3:45 PM
1A Girls 200-meter Dash	4:24 PM	4:28 PM		
2A Girls 200-meter Dash	4:32 PM	4:36 PM		
3A Girls 200-meter Dash	4:40 PM	4:44 PM		
1A Boys 200-meter Dash	4:48 PM	4:52 PM		
2A Boys 200-meter Dash	4:56 PM	5:00 PM		
3A Boys 200-meter Dash	5:04 PM	5:08 PM		
1A Girls 300-meter Low Hurdles	5:18 PM	5:22 PM		
2A Girls 300-meter Low Hurdles	5:26 PM	5:30 PM		
3A Girls 300-meter Low Hurdles	5:34 PM	5:38 PM		
1A Boys 300-meter Int. Hurdles	5:42 PM	5:46 PM		
2A Boys 300-meter Int. Hurdles	5:50 PM	5:54 PM		
3A Boys 300-meter Int. Hurdles	5:58 PM	6:02 PM		

2022 OSAA/OnPoint Community Credit Union Track and Field State Championships

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Friday FINAL Schedule - May 20, 2022



Running Events	Heat 1	Heat 2	Heat 3	Field Events	Time
4A Girls 3000-meter Run (Final)	9:00 AM			4A Boys Discus	9:00 AM
5A Girls 3000-meter Run (Final)	9:15 AM			4A Boys Pole Vault (East Pit)	9:45 AM
6A Girls 3000-meter Run (Final)	9:30 AM			4A Girls High Jump (East Apron)	10:30 AM
4A Boys 3000-meter Run (Final)	9:45 AM			4A Girls Javelin	11:00 AM
5A Boys 3000-meter Run (Final)	9:58 AM			4A Boys Shot Put (East Pit)	11:45 AM
6A Boys 3000-meter Run (Final)	10:11 AM			4A Boys Long Jump (East Pit)	1:00 PM
Para-athlete 100-meter (Final)	10:24 AM			4A Girls Long Jump (West Pit)	1:00 PM
4A Girls 100-meter Dash	10:31 AM	10:35 AM			
5A Girls 100-meter Dash	10:39 AM	10:43 AM		5A Girls Javelin	9:00 AM
6A Girls 100-meter Dash	10:47 AM	10:51 AM		5A Girls Long Jump (West Pit)	9:00 AM
4A Boys 100-meter Dash	10:55 AM	10:59 AM		5A Boys Discus	11:00 AM
5A Boys 100-meter Dash	11:03 AM	11:07 AM		5A Boys Long Jump (East Pit)	11:00 AM
6A Boys 100-meter Dash	11:11 AM	11:15 AM		5A Girls High Jump (West Apron)	1:00 PM
4A Girls 400-meter Dash	11:19 AM	11:23 AM		5A Boys Shot Put (East Pit)	1:45 PM
5A Girls 400-meter Dash	11:27 AM	11:31 AM			
6A Girls 400-meter Dash	11:35 AM	11:39 AM		6A Boys Long Jump (East Pit)	9:00 AM
4A Boys 400-meter Dash	11:43 AM	11:47 AM		6A Boys Shot Put (East Pit)	9:45 AM
5A Boys 400-meter Dash	11:51 AM	11:55 AM		6A Girls Long Jump (West Pit)	11:00 AM
6A Boys 400-meter Dash	11:59 AM	12:03 PM		6A Boys Pole Vault (East Pit)	12:15 PM
4A Girls 100-meter High Hurdles	12:13 PM	12:17 PM		6A Girls Pole Vault (West Pit)	12:30 PM
5A Girls 100-meter High Hurdles	12:21 PM	12:25 PM		6A Boys Discus	1:00 PM
6A Girls 100-meter High Hurdles	12:29 PM	12:33 PM		6A Girls Javelin	1:00 PM
4A Boys 110-meter High Hurdles	12:37 PM	12:41 PM			
5A Boys 110-meter High Hurdles	12:45 PM	12:49 PM		Para-Athlete Shot Put (TBA)	3:30 PM
6A Boys 110-meter High Hurdles	12:53 PM	12:57 PM			
4A Girls 800-meter Run	1:01 PM	1:05 PM			
5A Girls 800-meter Run	1:09 PM	1:13 PM			
6A Girls 800-meter Run	1:17 PM	1:21 PM			
4A Boys 800-meter Run	1:25 PM	1:29 PM			
5A Boys 800-meter Run	1:33 PM	1:37 PM			
6A Boys 800-meter Run	1:41 PM	1:45 PM			
4A Girls 200-meter Dash	1:49 PM	1:53 PM			
5A Girls 200-meter Dash	1:57 PM	2:01 PM			
6A Girls 200-meter Dash	2:05 PM	2:09 PM			
4A Boys 200-meter Dash	2:13 PM	2:17 PM			
5A Boys 200-meter Dash	2:21 PM	2:25 PM			
6A Boys 200-meter Dash	2:29 PM	2:33 PM			
4A Girls 300-meter Low Hurdles	2:43 PM	2:47 PM			
5A Girls 300-meter Low Hurdles	2:51 PM	2:55 PM			
6A Girls 300-meter Low Hurdles	2:59 PM	3:03 PM			
4A Boys 300-meter Int. Hurdles	3:07 PM	3:11 PM			
5A Boys 300-meter Int. Hurdles	3:15 PM	3:19 PM			
6A Boys 300-meter Int. Hurdles	3:23 PM	3:27 PM			

2022 OSAA/OnPoint Community Credit Union Track and Field State Championships

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Friday FINAL Schedule - May 20, 2022



Running Events	Heat 1	Heat 2	Heat 3	Field Events	Time
1A Girls 4X100-meter Relay (Timed Final)	4:00 PM	4:04 PM		1A Boys Triple Jump (East Pit)	5:00 PM
2A Girls 4x100-meter Relay (Timed Final)	4:08 PM	4:12 PM		1A Boys Discus	4:45 PM
3A Girls 4x100-meter Relay (Timed Final)	4:16 PM	4:20 PM		1A Boys Javelin	7:00 PM
1A Boys 4x100-meter Relay (Timed Final)	4:24 PM	4:28 PM		1A Girls Shot Put (West Pit)	2:30 PM
2A Boys 4x100-meter Relay (Timed Final)	4:32 PM	4:36 PM		1A Girls Pole Vault (East Pit)	2:45 PM
3A Boys 4x100-meter Relay (Timed Final)	4:40 PM	4:44 PM		1A Girls Triple Jump (West Pit)	7:00 PM
Para-athlete 1500-meter (Final)	4:48 PM				
1A Girls 1500-meter Run (Final)	4:58 PM			2A Boys Discus	3:00 PM
2A Girls 1500-meter Run (Final)	5:05 PM			2A Boys High Jump (East Apron)	4:00 PM
3A Girls 1500-meter Run (Final)	5:12 PM			2A Boys Javelin	5:00 PM
1A Boys 1500-meter Run (Final)	5:19 PM			2A Boys Triple Jump (East Pit)	7:00 PM
2A Boys 1500-meter Run (Final)	5:26 PM			2A Girls Triple Jump (West Pit)	3:00 PM
3A Boys 1500-meter Run (Final)	5:33 PM			2A Girls Shot Put (West Pit)	4:30 PM
1A Girls 100-meter Dash (Final)	5:40 PM			2A Girls Pole Vault (East Pit)	5:15 PM
2A Girls 100-meter Dash (Final)	5:44 PM				
3A Girls 100-meter Dash (Final)	5:48 PM			3A Boys Triple Jump (East Pit)	3:00 PM
1A Boys 100-meter Dash (Final)	5:52 PM			3A Boys Javelin	3:00 PM
2A Boys 100-meter Dash (Final)	5:56 PM			3A Boys High Jump (West Apron)	6:30 PM
3A Boys 100-meter Dash (Final)	6:00 PM			3A Boys Discus	6:30 PM
Para-athlete 400-meter (Final)	6:04 PM			3A Girls Pole Vault (West Pit)	3:00 PM
1A Girls 400-meter Dash (Final)	6:11 PM			3A Girls Triple Jump (West Pit)	5:00 PM
2A Girls 400-meter Dash (Final)	6:15 PM			3A Girls Shot Put (West Pit)	6:30 PM
3A Girls 400-meter Dash (Final)	6:19 PM				
1A Boys 400-meter Dash (Final)	6:23 PM				
2A Boys 400-meter Dash (Final)	6:27 PM				
3A Boys 400-meter Dash (Final)	6:31 PM				
1A Girls 100-meter High Hurdles (Final)	6:41 PM				
2A Girls 100-meter High Hurdles (Final)	6:45 PM				
3A Girls 100-meter High Hurdles (Final)	6:49 PM				
1A Boys 110-meter High Hurdles (Final)	6:53 PM				
2A Boys 110-meter High Hurdles (Final)	6:57 PM				
3A Boys 110-meter High Hurdles (Final)	7:01 PM				
1A Girls 800-meter Run (Final)	7:05 PM				
2A Girls 800-meter Run (Final)	7:09 PM				
3A Girls 800-meter Run (Final)	7:13 PM				
1A Boys 800-meter Run (Final)	7:17 PM				
2A Boys 800-meter Run (Final)	7:21 PM				
3A Boys 800-meter Run (Final)	7:25 PM				
1A Girls 200-meter Dash (Final)	7:29 PM				
2A Girls 200-meter Dash (Final)	7:33 PM				
3A Girls 200-meter Dash (Final)	7:37 PM				
1A Boys 200-meter Dash (Final)	7:41 PM				
2A Boys 200-meter Dash (Final)	7:45 PM				
3A Boys 200-meter Dash (Final)	7:49 PM				
1A Girls 300-meter Low Hurdles (Final)	7:59 PM				
2A Girls 300-meter Low Hurdles (Final)	8:03 PM				
3A Girls 300-meter Low Hurdles (Final)	8:07 PM				
1A Boys 300-meter Int. Hurdles (Final)	8:11 PM				
2A Boys 300-meter Int. Hurdles (Final)	8:15 PM				
3A Boys 300-meter Int. Hurdles (Final)	8:19 PM				
1A Girls 4x400-meter Relay (Timed Final)	8:23 PM	8:32 PM			
2A Girls 4x400-meter Relay (Timed Final)	8:41 PM	8:50 PM			
3A Girls 4x400-meter Relay (Timed Final)	8:59 PM	9:08 PM			
1A Boys 4x400-meter Relay (Timed Final)	9:17 PM	9:26 PM			
2A Boys 4x400-meter Relay (Timed Final)	9:35 PM	9:44 PM			
3A Boys 4x400-meter Relay (Timed Final)	9:53 PM	10:02 PM			

2022 OSAA/OnPoint Community Credit Union Track and Field State Championships

Presented by NIKE

Saturday FINAL Schedule - May 21, 2022



Running Events	Heat 1	Heat 2	Heat 3	Field Events	Time
4A Girls 4x100-meter Relay (Timed Final)	12:30 PM	12:34 PM		4A Girls Pole Vault (East Pit)	9:30 AM
5A Girls 4x100-meter Relay (Timed Final)	12:38 PM	12:42 PM		4A Boys High Jump (West Apron)	9:45 AM
6A Girls 4x100-meter Relay (Timed Final)	12:46 PM	12:50 PM		4A Girls Shot Put (West Pit)	12:30 PM
4A Boys 4x100-meter Relay (Timed Final)	12:54 PM	12:58 PM		4A Boys Triple Jump (East Pit)	12:45 PM
5A Boys 4x100-meter Relay (Timed Final)	1:02 PM	1:06 PM		4A Boys Javelin	1:00 PM
6A Boys 4x100-meter Relay (Timed Final)	1:10 PM	1:14 PM	1:18 PM	4A Girls Triple Jump (West Pit)	2:15 PM
4A Girls 1500-meter Run (Final)	1:22 PM			4A Girls Discus	3:15 PM
5A Girls 1500-meter Run (Final)	1:29 PM				
6A Girls 1500-meter Run (Final)	1:36 PM			5A Boys Triple Jump (East Pit)	10:45 AM
4A Boys 1500-meter Run (Final)	1:43 PM			5A Boys Javelin	11:00 AM
5A Boys 1500-meter Run (Final)	1:50 PM			5A Girls Discus	11:15 AM
6A Boys 1500-meter Run (Final)	1:57 PM			5A Girls Pole Vault (East Pit)	12:00 PM
4A Girls 100-meter Dash (Final)	2:04 PM			5A Boys High Jump (East Apron)	12:15 PM
5A Girls 100-meter Dash (Final)	2:08 PM			5A Girls Triple Jump (West Pit)	12:15 PM
6A Girls 100-meter Dash (Final)	2:12 PM			5A Boys Pole Vault (East Pit)	2:30 PM
4A Boys 100-meter Dash (Final)	2:16 PM			5A Girls Shot Put (West Pit)	2:30 PM
5A Boys 100-meter Dash (Final)	2:20 PM				
6A Boys 100-meter Dash (Final)	2:24 PM			6A Boys High Jump (East Apron)	9:30 AM
4A Girls 400-meter Dash (Final)	2:28 PM			6A Girls Triple Jump (West Pit)	10:15 AM
5A Girls 400-meter Dash (Final)	2:32 PM			6A Girls Shot Put (West Pit)	10:30 AM
6A Girls 400-meter Dash (Final)	2:36 PM			6A Girls Discus	1:15 PM
4A Boys 400-meter Dash (Final)	2:40 PM			6A Boys Triple Jump (East Pit)	2:45 PM
5A Boys 400-meter Dash (Final)	2:44 PM			6A Girls High Jump (West Apron)	2:45 PM
6A Boys 400-meter Dash (Final)	2:48 PM			6A Boys Javelin	3:00 PM
4A Girls 100-meter High Hurdles (Final)	2:58 PM				
5A Girls 100-meter High Hurdles (Final)	3:02 PM				
6A Girls 100-meter High Hurdles (Final)	3:06 PM				
4A Boys 110-meter High Hurdles (Final)	3:10 PM				
5A Boys 110-meter High Hurdles (Final)	3:14 PM				
6A Boys 110-meter High Hurdles (Final)	3:18 PM				
4A Girls 800-meter Dash (Final)	3:22 PM				
5A Girls 800-meter Dash (Final)	3:26 PM				
6A Girls 800-meter Dash (Final)	3:30 PM				
4A Boys 800-meter Dash (Final)	3:34 PM				
5A Boys 800-meter Dash (Final)	3:38 PM				
6A Boys 800-meter Dash (Final)	3:42 PM				
4A Girls 200-meter Dash (Final)	3:46 PM				
5A Girls 200-meter Dash (Final)	3:50 PM				
6A Girls 200-meter Dash (Final)	3:54 PM				
4A Boys 200-meter Dash (Final)	3:58 PM				
5A Boys 200-meter Dash (Final)	4:02 PM				
6A Boys 200-meter Dash (Final)	4:06 PM				
4A Girls 300-meter Low Hurdles (Final)	4:16 PM				
5A Girls 300-meter Low Hurdles (Final)	4:20 PM				
6A Girls 300-meter Low Hurdles (Final)	4:24 PM				
4A Boys 300-meter Int. Hurdles (Final)	4:28 PM				
5A Boys 300-meter Int. Hurdles (Final)	4:32 PM				
6A Boys 300-meter Int. Hurdles (Final)	4:36 PM				
4A Girls 4x400-meter Relay (Timed Final)	4:40 PM	4:48 PM			
5A Girls 4x400-meter Relay (Timed Final)	4:56 PM	5:04 PM			
6A Girls 4x400-meter Relay (Timed Final)	5:12 PM	5:20 PM			
4A Boys 4x400-meter Relay (Timed Final)	5:28 PM	5:36 PM			
5A Boys 4x400-meter Relay (Timed Final)	5:44 PM	5:52 PM			
6A Boys 4x400-meter Relay (Timed Final)	6:00 PM	6:08 PM			