



Oregon School Activities Association
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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 year					
	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 ¼	6.61	21-1 ¼	6.43	20-7 ¼	6.28	20-1	6.12	20-1 ¼	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	



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					
	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 ¼	10.19	33-1	10.08	32-9	9.98
Shot Put	37-5 ¾	11.42	36-5 ¼	11.10	35-6 ½	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 ¼	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	