



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



2024 Track & Field State Championships Qualifying Standards

Boys

	6A		5A		4A		3A		2A		1A	
	Four-year average of fourth place						Four-year average of fourth place					
	FAT	HAND	FAT	HAND	FAT	HAND	FAT	HAND	FAT	HAND	FAT	HAND
100	10.85	10.6	11.09	10.8	11.26	11.0	11.38	11.1	11.55	11.3	11.57	11.3
200	22.15	21.9	22.60	22.3	22.89	22.6	23.10	22.8	23.62	23.3	23.36	23.1
400	49.76	49.5	50.82	50.5	51.35	51.1	52.01	51.7	52.68	52.4	52.76	52.5
800	1:55.18	1:54.9	1:57.10	1:56.8	1:59.38	1:59.1	2:02.63	2:02.3	2:06.19	2:05.9	2:03.06	2:02.8
1500	3:55.32	3:55.0	3:58.47	3:58.2	4:08.77	4:08.5	4:14.56	4:14.3	4:18.56	4:18.3	4:16.21	4:15.9
3000	8:28.36	8:28.1	8:34.84	8:34.6	9:00.23	8:59.9	9:17.54	9:17.3	9:17.84	9:17.6	9:16.30	9:16.0
110 High Hurdles	14.96	14.7	15.45	15.2	15.94	15.7	16.26	16.0	16.61	16.3	16.77	16.5
300 Int Hurdles	39.31	39.0	40.77	40.5	41.42	41.1	42.11	41.8	43.27	43.0	42.71	42.4
	English	Metric	English	Metric	English	Metric	English	Metric	English	Metric	English	Metric
Long Jump	21-9 ¾	6.65	21-0 ¾	6.42	20-6 ¾	6.25	20-0 ¾	6.10	20-0 ¾	6.12	19-10	6.05
Triple Jump	43-7	13.28	43-6 ¾	13.28	42-4	12.90	40-6 ¾	12.36	40-9	12.42	41-2 ¾	12.57
Shot Put	50-8 ½	15.46	48-10	14.88	48-7 ½	14.82	44-7 ½	13.60	45-0 ¾	13.74	43-9	13.34
Discus	149-6	45.57	148-9	45.34	142-6	43.43	132-4	40.34	127-10	38.96	128-9	39.24
Javelin	179-7	54.74	171-2	52.18	164-6	50.14	159-0	48.46	154-4	47.04	152-10	46.58
High Jump	6-2	1.88	6-1 ¾	1.86	6-0 ½	1.84	5-11 ¾	1.82	6-0 ½	1.84	5-11 ¾	1.81
Pole Vault	14-1 ¾	4.31	13-6	4.12	13-4 ¾	4.08	11-10 ¾	3.63	11-4 ¾	3.47	11-9 ¾	3.60

(Three-year average of third place)

4x100 Relay	42.74	42.5	43.19	42.9	43.95	43.7	45.07	44.7	45.24	45.0	45.41	45.1
4x400 Relay	3:22.20	3:22.9	3:27.72	3:27.4	3:29.89	3:29.6	3:31.94	3:31.7	3:37.91	3:37.6	3:34.84	3:34.6



2024 Track & Field State Championships Qualifying Standards

Girls

	6A		5A		4A		3A		2A		1A	
	Four-year average of fourth place											
	FAT	HAND	FAT	HAND	FAT	HAND	FAT	HAND	FAT	HAND	FAT	HAND
100	12.12	11.9	12.65	12.4	12.65	12.4	13.08	12.8	13.12	12.8	13.03	12.7
200	25.01	24.7	26.11	25.8	26.21	26.0	26.93	26.6	27.31	27.0	27.07	26.8
400	57.92	57.6	1:00.02	59.7	1:00.49	1:00.2	1:01.52	1:01.2	1:01.86	1:01.6	1:02.54	1:02.2
800	2:14.90	2:14.6	2:21.23	2:20.9	2:23.67	2:23.4	2:27.01	2:26.7	2:29.81	2:29.5	2:32.84	2:32.6
1500	4:34.50	4:34.2	4:44.95	4:44.7	4:54.58	4:54.1	5:02.26	5:02.0	5:07.46	5:07.2	5:16.02	5:15.7
3000	10:01.24	10:01.0	10:28.94	10:28.7	10:41.59	10:41.3	11:17.70	11:17.4	11:16.63	11:16.3	11:45.38	11:45.1
100 High Hurdles	15.14	14.9	15.83	15.5	16.40	16.1	16.64	16.4	17.09	16.8	17.17	16.9
300 Int Hurdles	45.99	45.7	47.23	46.9	47.77	47.5	48.96	48.7	50.14	49.8	49.50	49.2
	English	Metric	English	Metric	English	Metric	English	Metric	English	Metric	English	Metric
Long Jump	17-10 ¼	5.45	16-5 ¼	5.01	16-8 ½	5.09	15-10 ¼	4.83	15-11 ¼	4.87	15-10	4.83
Triple Jump	36-10 ¼	11.23	35-1	10.69	34-5	10.49	33-6 ½	10.22	32-2 ¼	9.81	32-6	9.91
Shot Put	38-8	11.79	36-9 ½	11.21	36-4 ¼	11.08	34-9 ½	10.60	35-1	10.69	32-11	10.03
Discus	132-3	40.31	116-7	35.53	114-3	34.82	114-0	34.75	110-1	33.53	100-5	30.61
Javelin	127-11	38.99	121-8	37.08	117-0	35.66	115-0	35.05	113-8	34.65	111-5	33.96
High Jump	5-4 ¼	1.63	5-0 ¾	1.54	5-0	1.52	5-0	1.52	4-10 ¼	1.49	4-10	1.47
Pole Vault	11-5 ½	3.49	10-3 ¼	3.13	9-6 ¼	2.90	9-6 ¼	2.90	8-6 ½	2.60	8-6 ½	2.60

(Three-year average of third place)

4x100 Relay	48.81	48.2	50.45	50.2	50.69	50.4	51.78	51.5	52.13	51.8	52.73	52.4
4x400 Relay	3:57.84	3:57.6	4:08.90	4:08.6	4:09.76	4:09.5	4:15.64	4:15.4	4:21.47	4:21.2	4:23.69	4:23.4