

2025 OSAA / OnPoint Community Credit Union Track and Field State Championships

Presented by NIKE

TENTATIVE - Thursday Schedule - May 29, 2025



Running Events	Heat 1	Heat 2	Heat 3	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 Pole Vault (East Pit)	10:00 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 Boys Triple Jump (East Pit)	1:15 PM
2A Boys 3000-meter Run (Final)	1:28 PM			1A Girls Triple Jump (West Pit)	1:45 PM
3A Boys 3000-meter Run (Final)	1:41 PM			1A Boys Shot Put (East Pit)	1:45 PM
1A Girls 100-meter Dash	1:54 PM	1:58 PM		1A Girls Javelin	2:00 PM
2A Girls 100-meter Dash	2:02 PM	2:06 PM		1A Girls High Jump (West Apron)	2:45 PM
3A Girls 100-meter Dash	2:10 PM	2:14 PM		1A Girls Pole Vault (East Pit)	3:00 PM
1A Boys 100-meter Dash	2:18 PM	2:22 PM			
2A Boys 100-meter Dash	2:26 PM	2:30 PM		2A Boys Pole Vault (West Pit)	10:00 AM
3A Boys 100-meter Dash	2:34 PM	2:38 PM		2A Girls Javelin	10:00 AM
1A Girls 400-meter Dash	2:42 PM	2:46 PM		2A Boys Triple Jump (East Pit)	11:15 AM
2A Girls 400-meter Dash	2:50 PM	2:54 PM		2A Boys Shot Put (East Pit)	11:45 AM
3A Girls 400-meter Dash	2:58 PM	3:02 PM		2A Girls High Jump (East Apron)	1:15 PM
1A Boys 400-meter Dash	3:06 PM	3:10 PM		2A Girls Discus	3:30 PM
2A Boys 400-meter Dash	3:14 PM	3:18 PM		2A Girls Triple Jump (West Pit)	3:45 PM
3A Boys 400-meter Dash	3:22 PM	3:26 PM			
1A Girls 100-meter High Hurdles	3:36 PM	3:40 PM		3A Girls High Jump (West Apron)	10:15 AM
2A Girls 100-meter High Hurdles	3:44 PM	3:48 PM		3A Girls Triple Jump (West Pit)	11:45 AM
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 Pole Vault (East Pit)	12:30 PM
2A Boys 110-meter High Hurdles	4:08 PM	4:12 PM		3A Girls Discus	1:30 PM
3A Boys 110-meter High Hurdles	4:16 PM	4:20 PM		3A Boys Triple Jump (East Pit)	3:15 PM
1A Girls 800-meter Run	4:24 PM	4:28 PM		3A Boys Shot Put (East Pit)	3:45 PM
2A Girls 800-meter Run	4:32 PM	4:36 PM			
3A Girls 800-meter Run	4:40 PM	4:44 PM			
1A Boys 800-meter Run	4:48 PM	4:52 PM			
2A Boys 800-meter Run	4:56 PM	5:00 PM			
3A Boys 800-meter Run	5:04 PM	5:08 PM			
1A Girls 200-meter Dash	5:12 PM	5:16 PM			
2A Girls 200-meter Dash	5:20 PM	5:24 PM			
3A Girls 200-meter Dash	5:28 PM	5:32 PM			
1A Boys 200-meter Dash	5:36 PM	5:40 PM			
2A Boys 200-meter Dash	5:44 PM	5:48 PM			
3A Boys 200-meter Dash	5:52 PM	5:56 PM			
1A Girls 300-meter Low Hurdles	6:06 PM	6:10 PM			
2A Girls 300-meter Low Hurdles	6:14 PM	6:18 PM			
3A Girls 300-meter Low Hurdles	6:22 PM	6:26 PM			
1A Boys 300-meter Int. Hurdles	6:30 PM	6:34 PM			
2A Boys 300-meter Int. Hurdles	6:38 PM	6:42 PM			
3A Boys 300-meter Int. Hurdles	6:46 PM	6:50 PM			

2025 OSAA / OnPoint Community Credit Union Track and Field State Championships

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TENTATIVE - Friday Schedule - May 30, 2025



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 Girls High Jump (East Apron)	10:30 AM
6A Girls 3000-meter Run (Final)	9:30 AM			4A Boys Long Jump (East Pit)	11:00 AM
4A Boys 3000-meter Run (Final)	9:45 AM			4A Boys Pole Vault (East Pit)	11:00 AM
5A Boys 3000-meter Run (Final)	9:58 AM			4A Boys Shot Put (East Pit)	11:30 AM
6A Boys 3000-meter Run (Final)	10:11 AM			4A Girls Javelin	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)	1:00 PM
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)	9:15 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 Girls Javelin	11:00 AM
4A Girls 100-meter High Hurdles	12:13 PM	12:17 PM		6A Girls Pole Vault (East Pit)	1:00 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			
4A Boys 110-meter High Hurdles	12:37 PM	12:41 PM		Para-Athlete Shot Put (East Pit)	3:30 PM
5A Boys 110-meter High Hurdles	12:45 PM	12:49 PM			
6A Boys 110-meter High Hurdles	12:53 PM	12:57 PM		Unified Shot Put (West Pit)	12:30 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			
Unified 4X100-meter Relay	3:31 PM				

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TENTATIVE - Friday Schedule - May 30, 2025



Running Events	Heat 1	Heat 2	Heat 3	Field Events	Time
1A Girls 4X100-meter Relay (Timed Final)	4:20 PM	4:24 PM		1A Girls Shot Put (West Pit)	2:30 PM
2A Girls 4x100-meter Relay (Timed Final)	4:28 PM	4:32 PM		1A Boys Discus	4:45 PM
3A Girls 4x100-meter Relay (Timed Final)	4:36 PM	4:40 PM		1A Boys Long Jump (East Pit)	5:00 PM
1A Boys 4x100-meter Relay (Timed Final)	4:44 PM	4:48 PM		1A Boys Javelin	7:00 PM
2A Boys 4x100-meter Relay (Timed Final)	4:52 PM	4:56 PM		1A Girls Long Jump (West Pit)	7:00 PM
3A Boys 4x100-meter Relay (Timed Final)	5:00 PM	5:04 PM			
Para-athlete 1500-meter (Final)	5:08 PM			2A Boys Discus	3:00 PM
1A Girls 1500-meter Run (Final)	5:18 PM			2A Girls Long Jump (West Pit)	3:00 PM
2A Girls 1500-meter Run (Final)	5:25 PM			2A Boys High Jump (East Apron)	4:00 PM
3A Girls 1500-meter Run (Final)	5:32 PM			2A Boys Javelin	5:00 PM
1A Boys 1500-meter Run (Final)	5:39 PM			2A Girls Pole Vault (East Pit)	5:00 PM
2A Boys 1500-meter Run (Final)	5:46 PM			2A Girls Shot Put (West Pit)	6:30 PM
3A Boys 1500-meter Run (Final)	5:53 PM			2A Boys Long Jump (East Pit)	7:00 PM
1A Girls 100-meter Dash (Final)	6:00 PM				
2A Girls 100-meter Dash (Final)	6:04 PM			3A Boys Long Jump (East Pit)	3:00 PM
3A Girls 100-meter Dash (Final)	6:08 PM			3A Boys Javelin	3:00 PM
1A Boys 100-meter Dash (Final)	6:12 PM			3A Girls Shot Put (West Pit)	4:30 PM
2A Boys 100-meter Dash (Final)	6:16 PM			3A Girls Long Jump (West Pit)	5:00 PM
3A Boys 100-meter Dash (Final)	6:20 PM			3A Boys High Jump (West Apron)	6:30 PM
Para-athlete 400-meter (Final)	6:24 PM			3A Boys Discus	6:30 PM
1A Girls 400-meter Dash (Final)	6:31 PM			3A Boys Pole Vault (West Pit)	7:00 PM
2A Girls 400-meter Dash (Final)	6:35 PM				
3A Girls 400-meter Dash (Final)	6:39 PM				
1A Boys 400-meter Dash (Final)	6:43 PM				
2A Boys 400-meter Dash (Final)	6:47 PM				
3A Boys 400-meter Dash (Final)	6:51 PM				
1A Girls 100-meter High Hurdles (Final)	7:01 PM				
2A Girls 100-meter High Hurdles (Final)	7:05 PM				
3A Girls 100-meter High Hurdles (Final)	7:09 PM				
1A Boys 110-meter High Hurdles (Final)	7:13 PM				
2A Boys 110-meter High Hurdles (Final)	7:17 PM				
3A Boys 110-meter High Hurdles (Final)	7:21 PM				
1A Girls 800-meter Run (Final)	7:25 PM				
2A Girls 800-meter Run (Final)	7:29 PM				
3A Girls 800-meter Run (Final)	7:33 PM				
1A Boys 800-meter Run (Final)	7:37 PM				
2A Boys 800-meter Run (Final)	7:41 PM				
3A Boys 800-meter Run (Final)	7:45 PM				
1A Girls 200-meter Dash (Final)	7:49 PM				
2A Girls 200-meter Dash (Final)	7:53 PM				
3A Girls 200-meter Dash (Final)	7:57 PM				
1A Boys 200-meter Dash (Final)	8:01 PM				
2A Boys 200-meter Dash (Final)	8:05 PM				
3A Boys 200-meter Dash (Final)	8:09 PM				
1A Girls 300-meter Low Hurdles (Final)	8:19 PM				
2A Girls 300-meter Low Hurdles (Final)	8:23 PM				
3A Girls 300-meter Low Hurdles (Final)	8:27 PM				
1A Boys 300-meter Int. Hurdles (Final)	8:31 PM				
2A Boys 300-meter Int. Hurdles (Final)	8:35 PM				
3A Boys 300-meter Int. Hurdles (Final)	8:39 PM				
1A Girls 4x400-meter Relay (Timed Final)	8:43 PM	8:52 PM			
2A Girls 4x400-meter Relay (Timed Final)	9:01 PM	9:10 PM			
3A Girls 4x400-meter Relay (Timed Final)	9:19 PM	9:28 PM			
1A Boys 4x400-meter Relay (Timed Final)	9:37 PM	9:46 PM			
2A Boys 4x400-meter Relay (Timed Final)	9:55 PM	10:04 PM			
3A Boys 4x400-meter Relay (Timed Final)	10:13 PM	10:22 PM			

2025 OSAA / OnPoint Community Credit Union Track and Field State Championships

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TENTATIVE - Saturday Schedule - May 31, 2025



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 (West 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	9:30 AM
6A Boys 4x100-meter Relay (Timed Final)	1:10 PM	1:14 PM		4A Girls Triple Jump (West Pit)	2:15 PM
4A Girls 1500-meter Run (Final)	1:18 PM			4A Girls Discus	3:15 PM
5A Girls 1500-meter Run (Final)	1:25 PM				
6A Girls 1500-meter Run (Final)	1:32 PM			5A Boys Triple Jump (East Pit)	10:45 AM
4A Boys 1500-meter Run (Final)	1:39 PM			5A Boys Javelin	11:30 AM
5A Boys 1500-meter Run (Final)	1:46 PM			5A Girls Discus	11:15 AM
6A Boys 1500-meter Run (Final)	1:53 PM			5A Girls Pole Vault (East Pit)	12:30 PM
4A Girls 100-meter Dash (Final)	2:00 PM			5A Boys High Jump (East Apron)	12:15 PM
5A Girls 100-meter Dash (Final)	2:04 PM			5A Girls Triple Jump (West Pit)	10:15 AM
6A Girls 100-meter Dash (Final)	2:08 PM			5A Boys Pole Vault (East Pit)	9:30 AM
4A Boys 100-meter Dash (Final)	2:12 PM			5A Girls Shot Put (West Pit)	2:30 PM
5A Boys 100-meter Dash (Final)	2:16 PM				
6A Boys 100-meter Dash (Final)	2:20 PM			6A Boys High Jump (East Apron)	9:30 AM
4A Girls 400-meter Dash (Final)	2:24 PM			6A Girls Triple Jump (West Pit)	12:15 PM
5A Girls 400-meter Dash (Final)	2:28 PM			6A Girls Shot Put (West Pit)	10:30 AM
6A Girls 400-meter Dash (Final)	2:32 PM			6A Girls Discus	1:15 PM
4A Boys 400-meter Dash (Final)	2:36 PM			6A Boys Triple Jump (East Pit)	2:45 PM
5A Boys 400-meter Dash (Final)	2:40 PM			6A Girls High Jump (West Apron)	2:45 PM
6A Boys 400-meter Dash (Final)	2:44 PM			6A Boys Javelin	1:30 PM
4A Girls 100-meter High Hurdles (Final)	2:54 PM			6A Boys Pole Vault (East Pit)	2:30 PM
5A Girls 100-meter High Hurdles (Final)	2:58 PM				
6A Girls 100-meter High Hurdles (Final)	3:02 PM				
4A Boys 110-meter High Hurdles (Final)	3:06 PM				
5A Boys 110-meter High Hurdles (Final)	3:10 PM				
6A Boys 110-meter High Hurdles (Final)	3:14 PM				
4A Girls 800-meter Dash (Final)	3:18 PM				
5A Girls 800-meter Dash (Final)	3:22 PM				
6A Girls 800-meter Dash (Final)	3:26 PM				
4A Boys 800-meter Dash (Final)	3:30 PM				
5A Boys 800-meter Dash (Final)	3:34 PM				
6A Boys 800-meter Dash (Final)	3:38 PM				
4A Girls 200-meter Dash (Final)	3:42 PM				
5A Girls 200-meter Dash (Final)	3:46 PM				
6A Girls 200-meter Dash (Final)	3:50 PM				
4A Boys 200-meter Dash (Final)	3:54 PM				
5A Boys 200-meter Dash (Final)	3:58 PM				
6A Boys 200-meter Dash (Final)	4:02 PM				
4A Girls 300-meter Low Hurdles (Final)	4:12 PM				
5A Girls 300-meter Low Hurdles (Final)	4:16 PM				
6A Girls 300-meter Low Hurdles (Final)	4:20 PM				
4A Boys 300-meter Int. Hurdles (Final)	4:24 PM				
5A Boys 300-meter Int. Hurdles (Final)	4:28 PM				
6A Boys 300-meter Int. Hurdles (Final)	4:32 PM				
4A Girls 4x400-meter Relay (Timed Final)	4:36 PM	4:44 PM			
5A Girls 4x400-meter Relay (Timed Final)	4:52 PM	5:00 PM			
6A Girls 4x400-meter Relay (Timed Final)	5:08 PM	5:16 PM			
4A Boys 4x400-meter Relay (Timed Final)	5:24 PM	5:32 PM			
5A Boys 4x400-meter Relay (Timed Final)	5:40 PM	5:48 PM			
6A Boys 4x400-meter Relay (Timed Final)	5:56 PM	6:04 PM			