



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 x229 or email bradg@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:** (2022 OSAA Track and Field Plan)
 - A. All District Meets will follow 2022 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 two 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 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 each of the four 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.

F. **2A:**

- 1) **Automatic Qualifiers:** Top two placers in each individual and relay event at each of the five 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 two additional spots for the next fastest times / marks from each of the five special district meet finals.
- 3) **Qualifying Standards:** Championship finalists in individual and relay events at each of the five 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 three additional spots for the next fastest times / marks from each of the four 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 7-3 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 7-4-17 or 7-5-30.

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

All vertical jump maximum starting heights and required increments have been standardized across classification and gender.

- Girls High Jump – maximum starting height listed below; 2” increments for the next 10”; 1” increments thereafter.
- Girls Pole Vault – maximum starting height listed below; 6” increments for the next 3’; 3” increments thereafter.
- Boys High Jump – maximum starting height listed below; 2” increments for the next 10”; 1” increments thereafter.
- Boys Pole Vault – maximum starting height listed below; 6” increments for the next 3’6”; 3” increments thereafter.

- J. **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 E. above. (e.g. max starting height is 4’6”; 2-inch increments so next lowest height is 4’4, next lowest is 4’2”, etc...)

2022 Maximum Starting Heights – All Classifications						
	6A	5A	4A	3A	2A	1A
Girls HJ	4’2”	4’2”	4’0	4’0”	4’0”	4’0”
Girls PV	6’9”	6’7”	6’0”	6’0”	5’10”	5’3”
Boys HJ	5’2”	5’2”	5’0”	5’0”	5’0”	5’0”
Boys PV	9’3”	8’9”	7’11”	7’6”	8’7”	8’2”

K. **Para-Athletes** ([Para-Athlete Disability Certificate](#))

- 1) The top nine times/marks statewide from the different Districts Meets combined in the 100M, 400M, 1500M and Shot Put automatically qualifies 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 nine students compete in district meets, the OSAA will explore splitting out the events by gender (creating 100M boys, 100M girls, 400M boys and 400M girls, etc.).
- 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 for both events at the State Championships.
- 4) To facilitate training and competition for para-athletes it is recommended that all leagues/conferences/districts should include a para-athlete 100M, 400M, 1500M and Shot Put in your event schedules this year. 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.

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 2018* in this packet.

2. **STATE CHAMPIONSHIP ENTRIES WILL BE ADVANCED ON ATHLETIC.NET:**

Results must be uploaded and marked official no later than 10pm, Saturday, May 14. 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 submitted no later than 10pm, Saturday, May 14.** Once results are uploaded, you will not be able to delete and upload again. CONTACT Julie Hilsenteger, 503.449.5538, or email julie_hilsenteger@centennial.k12.or.us with any changes after you upload results.

- 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.
- 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 10pm, Saturday, May 14.**

4. **POSTING TIMELINE:** www.osaa.org/activities/btf

- All entry names and marks for each event will be posted on the OSAA website, on Sunday, May 15 by 6pm.
- District Meet Directors **AND** coaches of qualifying individuals **are responsible for checking the accuracy of the entry information. Please check all entries 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.

5. **CORRECTIONS ONLY:** (*spelling, grade, school, marks, etc.*)

- Sunday** – CONTACT Julie Hilsenteger, 503.449.5538, or email julie_hilsenteger@centennial.k12.or.us
- Monday – Wednesday** – EMAIL Brad at bradg@osaa.org

6. **STATE CHAMPIONSHIPS – INDIVIDUAL SPORT SUBSTITUTIONS** (*OSAA Handbook, Executive Board Policies*) (*Revised Winter 2015*)

- 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.

F. **Track and Field**

- 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 16**) 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.
- 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.

- If a District Meet Director notifies the OSAA of a change prior to 4pm on the Monday (**6A, 5A, 4A, 3A, 2A, 1A – May 16**) preceding the state championship, an individual may drop from one or more events in which he/she is qualified. The next place winner at the District Meet in the respective event or events is eligible as a substitute.
- If the OSAA has not been notified of a change prior to 4pm on the Monday (**6A, 5A, 4A, 3A, 2A, 1A – May 16**) preceding the state championship, the participant who has qualified in multiple events must compete in all qualified events or he/she shall be scratched from all events in which the participant has qualified.

b) **Relay Event Entries:** Qualifying teams may enter the names of up to six individuals in relay events.

- 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 16**) deadline. However, after the established Monday 4pm (**6A, 5A, 4A, 3A, 2A, 1A – May 16**) deadline, any of the entered relay team members may be replaced by the Wednesday 4pm (**6A, 5A, 4A, 3A, 2A, 1A – May 18**) 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 16**) deadline, nobody may be added to the relay team.

- Any four of the listed individuals may compete and it shall count as an event only for the four who compete.

- 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 17) (6A, 5A, 4A – May 18)** 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.

Sunday – CONTACT Julie Hilsenteger, 503.449.5538 or email julie_hilsenteger@centennial.k12.or.us

Monday – Wednesday – EMAIL Brad at bradg@osaa.org



QUALIFICATION & SEEDING CRITERIA

1. CHAMPIONSHIP QUALIFICATIONS:

- A. All District Meets will follow 2022 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 two 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 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 each of the four 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.
- F. **2A:**
- 1) **Automatic Qualifiers:** Top two placers in each individual and relay event at each of the five 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 two additional spots for the next fastest times / marks from each of the five special district meet finals.
- 3) **Qualifying Standards:** Championship finalists in individual and relay events at each of the five 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 three additional spots for the next fastest times / marks from each of the four 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

Vertical Jump Maximum Starting Heights and Required Increments:

All vertical jump maximum starting heights and required increments have been standardized across classification and gender.

- Girls High Jump – maximum starting height listed below; 2” increments for the next 10”; 1” increments thereafter.
- Girls Pole Vault – maximum starting height listed below; 6” increments for the next 3’; 3” increments thereafter.
- Boys High Jump – maximum starting height listed below; 2” increments for the next 10”; 1” increments thereafter.
- Boys Pole Vault – maximum starting height listed below; 6” increments for the next 3’6”; 3” increments thereafter.

- J. **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 E. above. (e.g. max starting height is 4’6”; 2-inch increments so next lowest height is 4’4, next lowest is 4’2”, etc.).

2022 Maximum Starting Heights – All Classifications						
	6A	5A	4A	3A	2A	1A
Girls HJ	4’2”	4’2”	4’0	4’0”	4’0”	4’0”
Girls PV	6’9”	6’7”	6’0”	6’0”	5’10”	5’3”
Boys HJ	5’2”	5’2”	5’0”	5’0”	5’0”	5’0”
Boys PV	9’3”	8’9”	7’11”	7’6”	8’7”	8’2”

K. **Para-Athletes** ([Para-Athlete Disability Certificate](#))

- 1) The top nine times/marks statewide from the different Districts Meets combined in the 100M, 400M, 1500M and Shot Put automatically qualifies 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 nine students compete in district meets, the OSAA will explore splitting out the events by gender (creating 100M boys, 100M girls, 400M boys and 400M girls, etc.).
- 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 for both events at the State Championships.
- 4) To facilitate training and competition for para-athletes it is recommended that all leagues/conferences/districts should include a para-athlete 100M, 400M, 1500M and Shot Put in your event schedules this year. 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.

2. **PRELIMINARIES – SEEDING:**

- A. **Hand timed vs. FAT** – As per Rule 3-9-8, 2022 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).” 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, 2022 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, 2022 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
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2022 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		Four-year average of fourth place		Four-year average of fourth place		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	10.80	10.5	11.17	10.9	11.25	11.0	11.42	11.1	11.60	11.3	11.53	11.3
200	22.06	21.8	22.62	22.3	22.96	22.7	23.06	22.8	23.52	23.2	23.54	23.3
400	49.39	49.1	50.74	50.5	51.46	51.2	51.95	51.7	52.22	51.9	52.36	52.1
800	1:54.99	1:54.7	1:57.88	1:57.6	1:59.92	1:59.6	2:02.84	2:02.6	2:03.73	2:03.4	2:04.11	2:03.8
1500	3:57.44	3:57.2	4:01.01	4:00.7	4:10.11	4:09.8	4:15.49	4:14.2	4:13.33	4:13.0	4:18.93	4:18.6
3000	8:35.83	8:35.5	8:45.87	8:45.6	9:03.59	9:03.3	9:23.45	9:23.2	9:15.15	9:14.9	9:27.56	9:27.3
110 High Hurdles	14.90	14.6	15.33	15.0	15.68	15.4	16.22	15.9	16.58	16.3	16.35	16.1
300 Int Hurdles	39.06	38.8	40.53	40.2	41.06	40.8	42.10	41.8	43.03	42.7	42.13	41.8
Long Jump		22-0		21-6		21-1		20-9		20-6		20-1
Triple Jump		44-10		44-0		42-7		41-9		41-0		41-4
Shot Put		52-0		52-6		50-5		45-11		46-1		42-7
Discus		157-3		160-9		145-6		138-4		128-8		128-3
Javelin		183-4		173-6		170-7		161-1		153-7		151-1
High Jump		6-4		6-3		6-2		6-1		6-1		5-11
Pole Vault		14-0		13-6		13-4		12-6		12-2		11-9

(Three-year average of third place)

4x100 Relay	42.46	42.2	43.36	43.1	43.62	43.3	44.70	44.4	45.60	45.3	45.49	45.2
4x400 Relay	3:22.84	3:22.6	3:27.13	3:26.8	3:28.32	3:28.0	3:32.40	3:32.1	3:35.52	3:35.2	3:35.77	3:35.5



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



2022 Track & Field State Championships Qualifying Standards Girls

	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	12.20	11.9	12.59	12.3	12.58	12.3	12.98	12.7	13.09	12.8	13.05	12.8
200	25.14	24.9	25.97	25.7	26.07	25.8	26.65	26.4	27.09	26.8	26.93	26.6
400	57.96	57.7	59.92	59.6	1:00.38	1:00.1	1:01.12	1:00.8	1:01.08	1:00.8	1:02.06	1:01.8
800	2:13.98	2:13.7	2:20.78	2:20.5	2:23.52	2:23.2	2:25.10	2:24.8	2:27.02	2:26.7	2:30.86	2:30.6
1500	4:35.55	4:35.3	4:43.35	4:43.1	4:53.25	4:53.0	5:02.09	5:01.8	5:03.39	5:03.1	5:11.01	5:10.7
3000	10:02.87	10:02.6	10:35.99	10:35.7	10:36.18	10:35.9	11:01.88	11:01.6	11:03.74	11:03.9	11:31.32	11:31.0
100 High Hurdles	15.09	14.8	15.80	15.5	15.87	15.6	16.41	16.1	17.32	17.0	17.03	16.7
300 Int Hurdles	45.83	45.5	46.62	46.3	47.22	46.9	48.69	48.4	49.66	49.4	49.05	48.8
Long Jump		17-8		16-10		16-9		15-10		16-3		15-11
Triple Jump		37-2		35-6		34-9		33-11		33-5		33-7
Shot Put		39-11		36-10		38-9		36-9		35-5		33-1
Discus		133-5		118-2		121-9		116-11		112-11		100-11
Javelin		135-9		123-8		122-1		122-10		112-1		111-7
High Jump		5-4		5-2		5-3		5-0		4-11		4-11
Pole Vault		11-4		10-10		10-0		9-7		9-0		8-1

(Three-year average of third place)

4x100 Relay	48.39	48.1	49.74	49.5	50.30	50.0	51.28	51.0	51.86	51.6	53.21	52.9
4x400 Relay	3:59.19	3:58.9	4:04.86	4:04.6	4:08.44	4:08.2	4:11.85	4:11.6	4:16.58	4:16.3	4:24.58	4:24.3



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2022 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)

2022 TRACK and FIELD DISTRICT MEET DIRECTORS

<p>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.</p>							
District	League Name	Date(s)	Site	AD / DMD	Host School	AD's Work Phone	E-mail
6A-1	PIL	May 10 & 12	McDaniel HS	Tyler Kelleher, AD Jeff Peeler, Meet Director	McDaniel HS	503.984.0829	tkelleher@pps.net jpeeler@pps.net
6A-2	METRO	May 10 & 12	Westview HS	Trisha Shoemaker, AD Richard Burnett, Meet Director	Westview HS	503.356.2902	trisha_shoemaker@beaverton.k12.or.us richard_burnett@beaverton.k12.or.us
6A-3	PACIFIC	May 10 & 12	Linfield College	Alan Foster, AD / Meet Director Doug Thompson, Meet Director	Liberty HS	503.844.1271	foster@hsd.k12.or.us
6A-4	MT HOOD	May 10-11	Barlow HS	Dan Dalzell, AD Scott Jones, Meet Director	Barlow HS	503.258.4905	dalzell@gresham.k12.or.us coachscottjones007@gmail.com
6A-5	THREE RIVERS	May 11 & 13	Oregon City HS	Andy Jones, AD Ben Winegar, Meet Director	Oregon City HS	503.785.8739	andrew.jones@orecity.k12.or.us winegar@canby.k12.or.us
6A-6	MOUNTAIN VALLEY	May 12-13	McKay HS	Donnie Kim, AD / Meet Director	McKay HS	503.399.3080	kim_donovan@salkeet.k12.or.us
6A-7	SOUTHWEST	May 12 & 14	South Eugene HS	Dave Hancock, AD Steve Richards, Meet Director	South Eugene HS	541.790.8019	hancock@4j.lane.edu richards_s@4j.lane.edu
5A-1	NORTHWEST OREGON	May 12-13	Wilsonville High School	Dennis Burke, AD David Barkley, Meet Director Daunte Gouge, Meet Director (St. Helens HS AD)	Wilsonville HS	503.673.7630	burked@wvw.k12.or.us daunteg@stheleens.k12.or.us
5A-2	MIDWESTERN	May 12, 14	Eagle Point HS	Kacey McNulty, AD / Meet Director	Eagle Point HS	541.830.6609	mcnultyk@eaglepnt.k12.or.us
5A-3	MID-WILLAMETTE	May 11 & 13	West Albany HS	Sal Munoz, AD TBD, Meet Director	Corvallis HS	541.757.5920	ksalvador.munoz@convallis.k12.or.us
5A-4	INTERMOUNTAIN	May 13-14	Crook County HS	Rob Bonner, AD / Meet Director Ernie Brooks, Meet Director	Crook County HS	541.815.9664	rob.bonner@crookcounty.k12.or.us
4A-1	COWAPA	May 12-13	Scappoose HS	Kelly Alfieri, AD / Meet Director Patrick Chapman, Meet Director	Valley Catholic HS	503.520.4720	kalfier@valleycatholic.org pchapman@valleycatholic.org
4A-2	TRI-VALLEY	May 13-14	Estacada HS	Andrew Mott, AD TBD, Meet Director	Estacada HS	603.630.8515 x2818	metta@estacada.k12.or.us
4A-3	OREGON WEST	May 13-14	Sweet Home HS	Dan Tow, AD Billy Snow, Meet Director	Sweet Home HS	541.367.7144	dan.tow@sweethome.k12.or.us billy_snow52@live.com
4A-4	SKY-EM	May 13-14	Junction City HS	Craig Rothenberger, AD Jared Brougher, Meet Director	Junction City HS	541.998.3521 x287	crothenberger@junctioncity.k12.or.us jbrougher@junctioncity.k12.or.us
4A-5	SKYLINE	May 13-14	Phoenix HS	Dave Ehrhardt, AD Bob Julian, Meet Director	Phoenix HS	541.535.7508	dave_ehrhardt@phoenix.k12.or.us rjuliani@charter.net
4A-6	GREATER OREGON	May 14	Baker HS	Buell Gonzales, AD Susy Cole, Meet Director	Baker HS	541.524.2600	Buell.gonzales@bakersd.org Susy.cole@bakersd.org
3A-SD1	SPECIAL DISTRICT 1	May 13-14	Clatskanie HS	Van Anderson, AD Scott Ball, Meet Director	Westside Christian HS	503.697.4711	vanderson@wchsonline.org ball@bchsonline.org
3A-SD2	SPECIAL DISTRICT 2	May 10-11	Blanchet HS	Tina Pearson, AD TBD, Meet Director	Blanchet HS	503.391.2639 x236	tinapearson@blanchetatholicschool.com
3A-SD3	SPECIAL DISTRICT 3	May 13-14	La Pine HS	Aaron Flick, AD / Meet Director	La Pine HS	541.355.8409	aaron.flick@bend.k12.or.us
3A-SD4	SPECIAL DISTRICT 4	May 13-14	Harrisburg HS	Scott Buzard, AD Clare Buhler, Meet Director	Harrisburg HS	541.995.6632	scott.buzard@harrisburg.k12.or.us ctbuhler@juno.com

2022 TRACK and FIELD DISTRICT MEET DIRECTORS

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District	League Name	Date(s)	Site	AD / DMD	Host School	AD's Work Phone	Email
2A-SD1	SPECIAL DISTRICT 1	May 13-14	Portland Christian HS	Martin Morante, AD Debi Hanson, Meet Director	Portland Christian HS	503.256.3960 x266	martin.morante@pchschoos.org gpvoa.commish@me.com
2A-SD2	SPECIAL DISTRICT 2	May 13-14	Kennedy HS	Kevin Moffatt, AD Steve Ritchie, Meet Director	Kennedy HS	503.845.6128	kevin.moffatt@macd911.org sritchle@mtangel.net
2A-SD3	SPECIAL DISTRICT 3	May 14	Glide HS	Eric Savage, AD Stephanie Furlong, Meet Director	Glide HS	541.496.3554	esavage@glide.k12.or.us stephanie.lau@gmail.com
2A-SD4	SPECIAL DISTRICT 4	May 13-14	Hidden Valley HS	Chris Rose, AD/Meet Director	Lakeview	541.947.2287 x207	rosec@lakeview.k12.or.us
2A-SD5	SPECIAL DISTRICT 5	May 13	Weston McEwen HS	Shawn White, AD / Meet Director	Weston-McEwen HS	541.566.3555	shawn.white@athwestsd.org
1A-SD1	SPECIAL DISTRICT 1	May 13-14	Portland Christian HS	Haley Emy, AD (St. Stephens) Ken McCheaney, AD (Veritas) Debi Hanson, Meet Director	Portland Christian HS	503.646.4617 503.538.1962	hemy@ststephensacademy.com vertasx@veritaschool.net gpvoa.commish@me.com
1A-SD2	SPECIAL DISTRICT 2	May 13	Mckenzie Community Track & Field Blue River, OR	James Anding, AD / Meet Director	Gilchrist HS	541.433.2295	andingj@kcsd.k12.or.us
1A-SD3	SPECIAL DISTRICT 3	May 13-14	South Wasco HS	Jim Hull, AD Michael Bergmann, Meet Director	South Wasco HS	541.395.2225 x223	jimh@swasco.net michael@incubatoru.com
1A-SD4	SPECIAL DISTRICT 4	May 13	Baker HS	Brad Duntin, AD Aimee Espin, AD Suzy Cole, Meet Director	Adrian HS	Aimee-541.372.2335 x3705 Brad-541.898.2244	brad.duntin@npowdersd.org suzy.cole@bakersd.org

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

Good morning / afternoon and welcome to today'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)

Every student performing here today has had dreams of being a star in their own right. What they never dreamed of, is being ridiculed or threatened for how they look, where they came from, how they worship, or who they love. And yet this happens repeatedly at sporting events across our state. We are better than this. As athletes. As fans. As Oregonians.

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

For use during breaks in the action.

1. Visit OSAA dot org for all your Track and Field State Championships information. The official website of the OSAA has updated results and brackets, links to souvenirs and tickets, historical Track and Field State Championship results and a lot more. That's OSAA dot org.
2. 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 476,000 members. Federally insured by NCUA. Equal housing opportunity.
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 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. Remember what high school activities are all about – participation, teamwork, effort and sacrifice. The OSAA and the participating schools encourage you to keep high school activities in the proper perspective by maintaining a positive attitude towards players, officials and the opposing team. Let's continue to show respect and sportsmanship throughout this contest and refrain from derogatory cheers, chants or behaviors. It's all about respect of the game, each other, and yourself.

6. 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. Also, be sure to subscribe to the OSAA today Podcast wherever you get your podcasts! Visit [OSAA dot org slash today!](http://OSAA.org/slash/today/)
7. 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.
8. Moda Health is a proud sponsor of O-S-A-A events because students who discover their strength through sports grow into healthy adults. Be Better. Moda Health.
9. 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](http://o-s-a-a-foundation.org) to find out how you can help.
10. Black Bear Diner, the OSAA's official family restaurant, where community connection and good food matter would like to celebrate and congratulate our athletes and families here today. When you're done here, be sure to feed your inner bear with huge portions of comfort food classics for breakfast, lunch and dinner! There's something for everyone at black bear diner. Dine in or order online for carryout or delivery at blackbeardiner.com.
11. For over forty 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.
12. Nike is a proud sponsor of the OSAA Wrestling State Championships. Visit them online at [nike dot com](http://nike.com) to see the latest in Nike gear.
13. Want to stay in shape, be involved in a sport you love and earn money in the process? Become an athletic official! There's a shortage of officials in Oregon and we need you now more than ever. Visit [OSAA-dot-org backslash officials](http://OSAA-dot-org/backslash/officials) for more information and to get registered..

End of Meet 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 19-21 at Hayward Field in Eugene. 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. Please drive home safely.



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!