

2019 OSAA Track and Field State Championships
High Jump, Pole Vault Starting Heights Increments

4A Boys High Jump

Start at 5'10"; 2" increments to 6'0"; 1" increments thereafter

3A Boys High Jump

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

4A Boys Pole Vault

Start at 12'0"; 6" increments to 13-6"; 3" increments thereafter

3A Boys Pole Vault

Start at 10'6"; 6" increments to 12'6"; 3" increments thereafter

4A Girls High Jump

Start at 4'10"; 2" increments to 5'4"; 1" increments thereafter

3A Girls High Jump

Start at 4'8"; 2" increments to 5'0"; 1" increments thereafter

4A Girls Pole Vault

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

3A Girls Pole Vault

Start at 8'0"; 6" increments to 9'6"; 3" increments thereafter



**2019 OSAA Track and Field State Championships
Friday FINAL Schedule - May 17, 2019**

Running Events	Heat 1	Heat 2	Field Events	Time
3A Girls 3000-meter Run (Final)	2:00 PM		4A Boys Pole Vault	12:00 PM
4A Girls 3000-meter Run (Final)	2:15 PM		4A Girls Javelin	12:30 PM
3A Boys 3000-meter Run (Final)	2:30 PM		4A Boys Triple Jump	1:00 PM
4A Boys 3000-meter Run (Final)	2:43 PM		4A Girls Long Jump	1:30 PM
3A Girls 100-meter Dash	2:56 PM	3:00 PM	4A Girls High Jump	3:00 PM
4A Girls 100-meter Dash	3:04 PM	3:08 PM	4A Boys Javelin	3:30 PM
3A Boys 100-meter Dash	3:12 PM	3:16 PM	4A Boys Shot Put	4:00 PM
4A Boys 100-meter Dash	3:20 PM	3:24 PM		
3A Girls 400-meter Dash	3:28 PM	3:32 PM	3A Boys Javelin	11:00 AM
4A Girls 400-meter Dash	3:36 PM	3:40 PM	3A Girls High Jump	12:30 PM
3A Boys 400-meter Dash	3:44 PM	3:48 PM	3A Girls Javelin	2:00 PM
4A Boys 400-meter Dash	3:52 PM	3:56 PM	3A Boys Shot Put	2:00 PM
3A Girls 100-meter High Hurdles	4:06 PM	4:10 PM	3A Boys Pole Vault	2:30 PM
4A Girls 100-meter High Hurdles	4:14 PM	4:18 PM	3A Boys Triple Jump	3:00 PM
3A Boys 110-meter High Hurdles	4:22 PM	4:26 PM	3A Girls Long Jump	3:30 PM
4A Boys 110-meter High Hurdles	4:30 PM	4:34 PM		
4A Girls 800-meter Run	4:38 PM	4:42 PM		
4A Boys 800-meter Run	4:46 PM	4:50 PM		
3A Girls 200-meter Dash	4:54 PM	4:58 PM		
4A Girls 200-meter Dash	5:02 PM	5:06 PM		
3A Boys 200-meter Dash	5:10 PM	5:14 PM		
4A Boys 200-meter Dash	5:18 PM	5:22 PM		
3A Girls 300-meter Low Hurdles	5:32 PM	5:36 PM		
4A Girls 300-meter Low Hurdles	5:40 PM	5:44 PM		
3A Boys 300-meter Int. Hurdles	5:48 PM	5:52 PM		
4A Boys 300-meter Int. Hurdles	5:56 PM	6:00 PM		



2019 OSAA Track and Field State Championships
Saturday FINAL Schedule - May 18, 2019

Running Events	Heat 1	Heat 2	Field Events	Time
3A Girls 4X100-meter Relay (Timed Final)	1:30 PM	1:34 PM	4A Boys Discus	11:00 AM
4A Girls 4x100-meter Relay (Timed Final)	1:38 PM	1:42 PM	4A Girls Pole Vault	12:30 PM
3A Boys 4x100-meter Relay (Timed Final)	1:46 PM	1:50 PM	4A Boys Long Jump	12:30 PM
4A Boys 4x100-meter Relay (Timed Final)	1:54 PM	1:58 PM	4A Girls Discus	2:00 PM
3A Girls 1500-meter Run (Final)	2:08 PM		4A Boys High Jump	2:30 PM
4A Girls 1500-meter Run (Final)	2:15 PM		4A Girls Shot Put	3:30 PM
3A Boys 1500-meter Run (Final)	2:22 PM		4A Girls Triple Jump	4:00 PM
4A Boys 1500-meter Run (Final)	2:29 PM			
3A Girls 100-meter Dash (Final)	2:36 PM		3A Boys High Jump	12:00 PM
4A Girls 100-meter Dash (Final)	2:40 PM		3A Boys Discus	12:30 PM
3A Boys 100-meter Dash (Final)	2:44 PM		3A Girls Shot Put	1:30 PM
4A Boys 100-meter Dash (Final)	2:48 PM		3A Girls Triple Jump	2:00 PM
3A Girls 400-meter Dash (Final)	2:55 PM		3A Boys Long Jump	2:30 PM
4A Girls 400-meter Dash (Final)	2:59 PM		3A Girls Pole Vault	3:00 PM
3A Boys 400-meter Dash (Final)	3:03 PM		3A Girls Discus	3:30 PM
4A Boys 400-meter Dash (Final)	3:07 PM			
3A Girls 100-meter High Hurdles (Final)	3:17 PM			
4A Girls 100-meter High Hurdles (Final)	3:21 PM			
3A Boys 110-meter High Hurdles (Final)	3:25 PM			
4A Boys 110-meter High Hurdles (Final)	3:29 PM			
3A Girls 800-meter Run (Final)	3:43 PM			
4A Girls 800-meter Run (Final)	3:47 PM			
3A Boys 800-meter Run (Final)	3:51 PM			
4A Boys 800-meter Run (Final)	3:55 PM			
3A Girls 200-meter Dash (Final)	3:59 PM			
4A Girls 200-meter Dash (Final)	4:03 PM			
3A Boys 200-meter Dash (Final)	4:07 PM			
4A Boys 200-meter Dash (Final)	4:11 PM			
3A Girls 300-meter Low Hurdles (Final)	4:21 PM			
4A Girls 300-meter Low Hurdles (Final)	4:25 PM			
3A Boys 300-meter Int. Hurdles (Final)	4:29 PM			
4A Boys 300-meter Int. Hurdles (Final)	4:33 PM			
3A Girls 4x400-meter Relay (Timed Final)	4:47 PM	4:56 PM		
4A Girls 4x400-meter Relay (Timed Final)	5:05 PM	5:14 PM		
3A Boys 4x400-meter Relay (Timed Final)	5:32 PM	5:41 PM		
4A Boys 4x400-meter Relay (Timed Final)	5:50 PM	5:59 PM		

