



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

2026 Track & Field State Championships Qualifying Standards

Boys

Four-year average of fourth place

6A	5A	4A	3A	2A	1A
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	FAT	FAT	FAT	FAT	FAT	FAT
100	10.90	11.03	11.15	11.30	11.38	11.54
200	22.07	22.22	22.59	22.91	23.36	23.31
400	49.47	50.05	51.18	51.50	52.44	52.42
800	1:54.91	1:55.75	1:59.49	2:00.57	2:04.48	2:01.35
1500	3:55.06	3:56.94	4:07.74	4:08.60	4:18.35	4:14.00
3000	8:21.56	8:30.71	9:01.40	9:05.24	9:21.60	9:22.24
110 High Hurdles	15.07	15.40	15.82	16.13	16.38	16.44
300 Int Hurdles	39.84	40.67	40.94	41.26	42.29	42.42
Long Jump	6.65 m	6.48 m	6.31 m	6.12 m	6.11 m	6.07 m
Triple Jump	13.21 m	13.24 m	12.99 m	12.76 m	12.47 m	12.50 m
Shot Put	15.35 m	14.48 m	14.87 m	13.99 m	12.95 m	13.90 m
Discus	44.51 m	43.14 m	43.86 m	40.43 m	39.00 m	41.32 m
Javelin	55.04 m	50.53 m	50.94 m	48.85 m	48.06 m	48.03 m
High Jump	1.89 m	1.87 m	1.85 m	1.83 m	1.83 m	1.79 m
Pole Vault	4.37 m	4.20 m	4.15 m	3.79 m	3.59 m	3.71 m

Three-year average of third place

4x100 Relay	42.23	42.89	43.46	44.10	44.83	45.17
4x400 Relay	3:21.23	3:26.00	3:27.81	3:26.93	3:34.89	3:35.54



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Girls

Four-year average of fourth place

6A	5A	4A	3A	2A	1A
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	FAT	FAT	FAT	FAT	FAT	FAT
100	12.17	12.52	12.75	12.91	13.08	13.07
200	24.86	25.74	26.26	26.59	27.00	26.98
400	57.23	58.99	1:00.16	1:00.70	1:01.16	1:02.82
800	2:14.73	2:19.55	2:23.13	2:25.83	2:27.78	2:30.89
1500	4:32.92	4:39.43	4:54.16	4:59.81	4:54.40	5:09.62
3000	9:54.56	10:19.82	10:41.52	11:07.10	11:20.05	11:32.82
100 High Hurdles	15.18	15.64	16.43	16.67	16.76	17.01
300 Int Hurdles	45.33	46.94	47.92	48.81	49.02	49.17
Long Jump	5.45 m	5.15 m	5.04 m	4.92 m	4.67 m	4.78 m
Triple Jump	11.22 m	10.65 m	10.49 m	10.38 m	10.04 m	9.97 m
Shot Put	11.14 m	11.12 m	10.97 m	10.48 m	10.59 m	10.25 m
Discus	37.13 m	35.81 m	33.55 m	33.12 m	32.98 m	31.00 m
Javelin	37.63 m	37.91 m	35.18 m	33.40 m	34.94 m	34.69 m
High Jump	1.62 m	1.54 m	1.51 m	1.51 m	1.48 m	1.48 m
Pole Vault	3.46 m	3.16 m	2.87 m	2.93 m	2.48 m	2.67 m

Three-year average of third place

4x100 Relay	48.25	49.78	50.02	50.43	51.69	52.05
4x400 Relay	3:58.45	4:03.12	4:08.81	4:09.11	4:10.80	4:17.15

2026 BOYS: out of 102 standards, 18 got easier and 6 stayed the same

2026 GIRLS: out of 102 standards, 22 got easier and 6 stayed the same