

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

Presented by NIKE

Thursday Schedule - May 29, 2025



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

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

Presented by NIKE

Friday Schedule - May 30, 2025



Running Events	Heat 1	Heat 2	Heat 3	Heat 4	Field Events	Time
OPEN TRACK	8:00-8:30					
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 Javelin	9:00 AM
5A Girls 100-meter Dash	10:39 AM	10:43 AM			5A Girls Long Jump (West Pit)	9:00 AM
6A Girls 100-meter Dash	10:47 AM	10:51 AM			5A Boys Discus	11:00 AM
4A Boys 100-meter Dash	10:55 AM	10:59 AM	11:03 AM		5A Boys Long Jump (East Pit)	1:00 PM
5A Boys 100-meter Dash	11:07 AM	11:11 AM	11:15 AM		5A Girls High Jump (West Apron)	1:00 PM
6A Boys 100-meter Dash	11:19 AM	11:23 AM			5A Boys Shot Put (East Pit)	1:45 PM
4A Girls 400-meter Dash	11:27 AM	11:31 AM				
5A Girls 400-meter Dash	11:35 AM	11:39 AM			6A Boys Long Jump (East Pit)	9:00 AM
6A Girls 400-meter Dash	11:43 AM	11:47 AM			6A Boys Shot Put (East Pit)	9:15 AM
4A Boys 400-meter Dash	11:51 AM	11:55 AM			6A Girls Long Jump (West Pit)	11:00 AM
5A Boys 400-meter Dash	11:59 AM	12:03 PM			6A Girls Javelin	11:00 AM
6A Boys 400-meter Dash	12:07 PM	12:11 PM			6A Girls Pole Vault (East Pit)	1:00 PM
4A Girls 100-meter High Hurdles	12:21 PM	12:25 PM			6A Boys Discus	1:00 PM
5A Girls 100-meter High Hurdles	12:29 PM	12:33 PM				
6A Girls 100-meter High Hurdles	12:37 PM	12:41 PM			Para-Athlete Shot Put (East Pit)	3:30 PM
4A Boys 110-meter High Hurdles	12:45 PM	12:49 PM				
5A Boys 110-meter High Hurdles	12:53 PM	12:57 PM			Unified Shot Put (West Pit)	12:30 PM
6A Boys 110-meter High Hurdles	1:01 PM	1:05 PM				
4A Girls 800-meter Run	1:09 PM	1:13 PM				
5A Girls 800-meter Run	1:17 PM	1:21 PM				
6A Girls 800-meter Run	1:25 PM	1:29 PM				
4A Boys 800-meter Run	1:33 PM	1:37 PM				
5A Boys 800-meter Run	1:41 PM	1:45 PM				
6A Boys 800-meter Run	1:49 PM	1:53 PM				
4A Girls 200-meter Dash	1:57 PM	2:01 PM				
5A Girls 200-meter Dash	2:05 PM	2:09 PM				
6A Girls 200-meter Dash	2:13 PM	2:17 PM				
4A Boys 200-meter Dash	2:21 PM	2:25 PM				
5A Boys 200-meter Dash	2:29 PM	2:33 PM				
6A Boys 200-meter Dash	2:37 PM	2:41 PM	2:45 PM			
4A Girls 300-meter Low Hurdles	2:55 PM	2:59 PM				
5A Girls 300-meter Low Hurdles	3:03 PM	3:07 PM				
6A Girls 300-meter Low Hurdles	3:11 PM	3:15 PM				
4A Boys 300-meter Int. Hurdles	3:19 PM	3:23 PM				
5A Boys 300-meter Int. Hurdles	3:27 PM	3:31 PM				
6A Boys 300-meter Int. Hurdles	3:35 PM	3:39 PM				
Unified 4X100-meter Relay	3:43 PM					

Updated/New Times
as of 10:00pm Wed 5/28

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

Presented by NIKE

Friday Schedule - May 30, 2025



Running Events	Heat 1	Heat 2	Heat 3	Heat 4	Field Events	Time
OPEN TRACK 3:50-4:20					1A Girls Shot Put (West Pit)	2:30 PM
1A Girls 4x100-meter Relay (Timed Final)	4:30 PM	4:34 PM			1A Boys Discus	4:45 PM
2A Girls 4x100-meter Relay (Timed Final)	4:38 PM	4:42 PM			1A Boys Long Jump (East Pit)	5:00 PM
3A Girls 4x100-meter Relay (Timed Final)	4:46 PM	4:50 PM			1A Boys Javelin	7:00 PM
1A Boys 4x100-meter Relay (Timed Final)	4:54 PM	4:58 PM			1A Girls Long Jump (West Pit)	7:00 PM
2A Boys 4x100-meter Relay (Timed Final)	5:02 PM	5:06 PM				
3A Boys 4x100-meter Relay (Timed Final)	5:10 PM	5:14 PM			2A Boys Discus	3:00 PM
Para-athlete 1500-meter (Final)	5:18 PM				2A Girls Long Jump (West Pit)	3:00 PM
1A Girls 1500-meter Run (Final)	5:28 PM				2A Boys High Jump (East Apron)	4:00 PM
2A Girls 1500-meter Run (Final)	5:35 PM				2A Boys Javelin	5:00 PM
3A Girls 1500-meter Run (Final)	5:42 PM				2A Girls Pole Vault (East Pit)	5:00 PM
1A Boys 1500-meter Run (Final)	5:49 PM				2A Girls Shot Put (West Pit)	6:30 PM
2A Boys 1500-meter Run (Final)	5:56 PM				2A Boys Long Jump (East Pit)	7:00 PM
3A Boys 1500-meter Run (Final)	6:03 PM					
1A Girls 100-meter Dash (Final)	6:10 PM				3A Boys Long Jump (East Pit)	3:00 PM
2A Girls 100-meter Dash (Final)	6:14 PM				3A Boys Javelin	3:00 PM
3A Girls 100-meter Dash (Final)	6:18 PM				3A Girls Shot Put (West Pit)	4:30 PM
1A Boys 100-meter Dash (Final)	6:22 PM				3A Girls Long Jump (West Pit)	5:00 PM
2A Boys 100-meter Dash (Final)	6:26 PM				3A Boys High Jump (West Apron)	6:30 PM
3A Boys 100-meter Dash (Final)	6:30 PM				3A Boys Discus	6:30 PM
Para-athlete 400-meter (Final)	6:34 PM				3A Boys Pole Vault (West Pit)	7:00 PM
1A Girls 400-meter Dash (Final)	6:41 PM					
2A Girls 400-meter Dash (Final)	6:45 PM					
3A Girls 400-meter Dash (Final)	6:49 PM					
1A Boys 400-meter Dash (Final)	6:53 PM					
2A Boys 400-meter Dash (Final)	6:57 PM					
3A Boys 400-meter Dash (Final)	7:01 PM					
1A Girls 100-meter High Hurdles (Final)	7:11 PM					
2A Girls 100-meter High Hurdles (Final)	7:15 PM					
3A Girls 100-meter High Hurdles (Final)	7:19 PM					
1A Boys 110-meter High Hurdles (Final)	7:23 PM					
2A Boys 110-meter High Hurdles (Final)	7:27 PM					
3A Boys 110-meter High Hurdles (Final)	7:31 PM					
1A Girls 800-meter Run (Final)	7:35 PM					
2A Girls 800-meter Run (Final)	7:39 PM					
3A Girls 800-meter Run (Final)	7:43 PM					
1A Boys 800-meter Run (Final)	7:47 PM					
2A Boys 800-meter Run (Final)	7:51 PM					
3A Boys 800-meter Run (Final)	7:55 PM					
1A Girls 200-meter Dash (Final)	7:59 PM					
2A Girls 200-meter Dash (Final)	8:03 PM					
3A Girls 200-meter Dash (Final)	8:07 PM					
1A Boys 200-meter Dash (Final)	8:11 PM					
2A Boys 200-meter Dash (Final)	8:15 PM					
3A Boys 200-meter Dash (Final)	8:19 PM					
1A Girls 300-meter Low Hurdles (Final)	8:29 PM					
2A Girls 300-meter Low Hurdles (Final)	8:33 PM					
3A Girls 300-meter Low Hurdles (Final)	8:37 PM					
1A Boys 300-meter Int. Hurdles (Final)	8:41 PM					
2A Boys 300-meter Int. Hurdles (Final)	8:45 PM					
3A Boys 300-meter Int. Hurdles (Final)	8:49 PM					
1A Girls 4x400-meter Relay (Timed Final)	8:53 PM	9:02 PM				
2A Girls 4x400-meter Relay (Timed Final)	9:11 PM	9:20 PM				
3A Girls 4x400-meter Relay (Timed Final)	9:29 PM	9:38 PM				
1A Boys 4x400-meter Relay (Timed Final)	9:47 PM	9:56 PM				
2A Boys 4x400-meter Relay (Timed Final)	10:05 PM	10:14 PM				
3A Boys 4x400-meter Relay (Timed Final)	10:23 PM	10:32 PM				

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

Presented by NIKE

Saturday Schedule - May 31, 2025



Running Events	Heat 1	Heat 2	Heat 3	Field Events	Time
GRADUATION WALK	10:45 AM			4A Girls Pole Vault (West Pit)	9:30 AM
OPEN TRACK	11:00-12:00			4A Boys Javelin	9:30 AM
4A Girls 4x100-meter Relay (Timed Final)	12:30 PM	12:34 PM		4A Boys High Jump (West Apron)	9:45 AM
5A Girls 4x100-meter Relay (Timed Final)	12:38 PM	12:42 PM		4A Girls Shot Put (West Pit)	12:30 PM
6A Girls 4x100-meter Relay (Timed Final)	12:46 PM	12:50 PM		4A Boys Triple Jump (East Pit)	12:45 PM
4A Boys 4x100-meter Relay (Timed Final)	12:54 PM	12:58 PM		4A Girls Triple Jump (West Pit)	2:15 PM
5A Boys 4x100-meter Relay (Timed Final)	1:02 PM	1:06 PM		4A Girls Discus	3:15 PM
6A Boys 4x100-meter Relay (Timed Final)	1:10 PM	1:14 PM			
4A Girls 1500-meter Run (Final)	1:18 PM			5A Boys Pole Vault (East Pit)	9:30 AM
5A Girls 1500-meter Run (Final)	1:25 PM			5A Boys Triple Jump (East Pit)	10:45 AM
6A Girls 1500-meter Run (Final)	1:32 PM			5A Boys Javelin	11:30 AM
4A Boys 1500-meter Run (Final)	1:39 PM			5A Girls Discus	11:15 AM
5A Boys 1500-meter Run (Final)	1:46 PM			5A Girls Pole Vault (East Pit)	12:30 PM
6A Boys 1500-meter Run (Final)	1:53 PM			5A Boys High Jump (East Apron)	12:15 PM
4A Girls 100-meter Dash (Final)	2:00 PM			5A Girls Triple Jump (West Pit)	10:15 AM
5A Girls 100-meter Dash (Final)	2:04 PM			5A Girls Shot Put (West Pit)	2:30 PM
6A Girls 100-meter Dash (Final)	2:08 PM				
4A Boys 100-meter Dash (Final)	2:12 PM			6A Boys High Jump (East Apron)	9:30 AM
5A Boys 100-meter Dash (Final)	2:16 PM			6A Girls Shot Put (West Pit)	10:30 AM
6A Boys 100-meter Dash (Final)	2:20 PM			6A Girls Triple Jump (West Pit)	12:15 PM
4A Girls 400-meter Dash (Final)	2:24 PM			6A Girls Discus	1:15 PM
5A Girls 400-meter Dash (Final)	2:28 PM			6A Boys Javelin	1:30 PM
6A Girls 400-meter Dash (Final)	2:32 PM			6A Boys Triple Jump (East Pit)	2:45 PM
4A Boys 400-meter Dash (Final)	2:36 PM			6A Girls High Jump (West Apron)	2:45 PM
5A Boys 400-meter Dash (Final)	2:40 PM			6A Boys Pole Vault (East Pit)	2:30 PM
6A Boys 400-meter Dash (Final)	2:44 PM				
4A Girls 100-meter High Hurdles (Final)	2:54 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			