2025 OIA Track Field Standards

Girls	Divisional	Divisional	OIA	OIA	Divisional	Divisional	OIA	OIA
JV/Varsity	JV	JV	JV	JV	Varsity	Varsity	Varsity	Varsity
Order of	HAND	LYNX	HAND	LYNX	HAND	LYNX	HAND	LYNX
Running Events				Updated				Updated
3200 Meter Relay (4x800)								13.16
100 Meter High Hurdles	25.0	25.24	21.00	21.24	23.5	23.74	19.31	20.00
100 Meter Dash	16.6	16.84	14.00	14.15	16.0	16.24	13.36	13.64
1500 Meter run	7:26.30	7:26.54	6:25.0	6:25.24	6:58.40	6:58.64	5:50.00	5:52.00
400 Meter RELAY (4x100)	66.0	66.24	1:05.0	1:05.24	63.0	63.24	58.00	58.24
400 Meter Dash	82.0	82.24	1:12.00	1:10.00	78.6	78.84	1:07.00	1:07.24
300 Meter Low Hurdles	67.0	67.24	60.00	1:00.24	63.0	63.24	55.30	:56.0
800 Meter Run	3:30.00	3:30.24	3:05.00	3:03.00	3:15.00	3:15.24	2:50.00	2:50.24
200 Meter Dash	35.0	35.24	29.56	29.8	34.5	34.74	28.50	28.9
3000 Meter Run	16:15.60	16:15.84	15:40.0	15:40.24	15:47.70	15:47.94	13:30.0	13:30.24
1600 Meter Relay (4x400)	6:00.00	6:00.24	5:10.00	5:10.24	5:50.00	5:50.24	4:48.24	4:48.24
FIELD EVENTS								
POLE VAULT	5'6"			5'6"	6'0"			6'6"
HIGH JUMP	3'10"			4'0"	4'0"			4'2"
LONG JUMP	12'0"			12'3"	13'0"			14'0"
TRIPLE JUMP	25'0"			25'6"	26'0"			28'0"
DISCUS	50'0"			60'0"	55'0"			75'0"
SHOT PUT	20'0"			23'0"	21'0"			27'0"

Updated 3/25/25

Boys	Divisional	Divisional	OIA	OIA	Divisional	Divisional	OIA	OIA
JV/Varsity	JV	JV	JV	JV	Varsity	Varsity	Varsity	Varsity
Order of	HAND	LYNX	HAND	LYNX	HAND	LYNX	HAND	LYNX
Running Events				Updated				Updated
3200 Meter Relay (4x800)								10:50.00
110 Meter High Hurdles	23.0	23.24	21.76	:22.00	22.6	22.84	18.26	18.5
100 Meter Dash	13.4	13.64	11.81	:12.05	12.8	13.04	11.26	11.57
1500 Meter run	6:02.60	6:02.84	4:57.76	4:58.00	5:34.70	5:34.94	4:48.00	4:45.00
400 Meter RELAY (4x100)	58.0	58.24	58.00	58.24	52.0	52.24	47.00	47.24
400 Meter Dash	66.0	66.24	57.76	58.00	64.6	64.84	55.00	55.24
300 Meter Low Hurdles	57.0	57.24	51.76	52.00	49.8	50.04	46.50	46.74
800 Meter Run	2:45.00	2:45.24	2:24.76	2:25.00	2:30.00	2:30.24	2:15.00	2:14.00
200 Meter Dash	28.0	28.24	24.86	25.10	26.8	27.04	23.70	24.01
3000 Meter Run	12:32.60	12:32.84	11:34.76	11:35.0	11:50.80	11:51.04	10:39.76	10:40.00
1600 Meter Relay (4x400)	4:30.00	4:30.24	4:30.00	4:30.24	4:20.00	4:20.24	3:55.00	3:55.24
FIELD EVENTS								
POLE VAULT	7'0"			7'0	8'0"			8'6
HIGH JUMP	4'8"			4'11	5'0"			5'4
LONG JUMP	15'0"			17'	16'0"			18'9
TRIPLE JUMP	30'0"			30'	32'0"			36'6
DISCUS	80'0"			83'	90'0"			115'
SHOT PUT	26'0"			30'5"	30'0"			40'
Faster-Longer-Higher								
Slower-Shorter-Lower								
No Change								