

Final

9:00 AM	3K race walk	M/F	all ages
9:30 AM	5K run	M/F	all ages
9:50 AM	100m	F	9-10
9:55 AM	100m	M	9-10
10:00 AM	100m	F	11-12
10:05 AM	100m	M	11-12
10:10 AM	100m	F	13-14
10:15 AM	100m	M	13-14
10:20 AM	100m	F	15-18
10:25 AM	100m	M	15-18
10:30 AM	100m	M	70+
10:35 AM	100m	M	50-69
10:40 AM	100m	M	30-49
10:45 AM	100m	M	19-29
10:50 AM	100m	F	30+
10:55 AM	100m	F	19-29
11:00 AM	400m	F	9-14
11:05 AM	400m	M	9-14
11:10 AM	400m	F	15-18
11:15 AM	400m	M	15-18
11:20 AM	400m	F	30+
11:25 AM	400m	F	19-29
11:30 AM	400m	M	60+
11:35 AM	400m	M	50-59
11:40 AM	400m	M	40-49
11:45 AM	400m	M	30-39
11:50 AM	400m	M	19-29
11:55 AM	200m	F	9-10
12:00 PM	200m	F	11-12
12:05 PM	200m	F	13-14
12:10 PM	200m	M	9-10
12:15 PM	200m	M	11-12
12:20 PM	200m	M	13-14
12:30 PM	1500m	F	9-18
12:40 PM	1500m	M	9-18
12:50 PM	1500m	F	30+
12:55 PM	1500m	M	50+
1:00 PM	1500m	F	19-29
1:05 PM	1500m	M	30-49
1:10 PM	1500m	M	19-29
1:20 PM	80m hurdles	F	9-10
1:25 PM	80m hurdles	M	9-10
1:30 PM	80m hurdles	F	40+
1:35 PM	80m hurdles	M	70+

2019 State Games of Oregon
Running Schedule

July 13 14, 2019
La Salle High School

1:45 PM	100m hurdles	F	11-14
1:50 PM	100m hurdles	M	11-14
1:55 PM	100m hurdles	F	15-18
2:00 PM	100m hurdles	F	19+
2:05 PM	100m hurdles	M	50-69
2:15 PM	110m hurdles	M	15-18
2:20 PM	110m hurdles	M	30-49
2:25 PM	110m hurdles	M	19-29
2:35 PM	800m	F	9-14
2:40 PM	800m	M	9-14
2:45 PM	800m	F	30+
2:50 PM	800m	F	15-29
2:55 PM	800m	M	55+
3:00 PM	800m	M	35-54
3:05 PM	800m	M	15-34
3:10 PM	200m	M	70+
3:15 PM	200m	F	30+
3:20 PM	200m	M	60-69
3:25 PM	200m	M	50-59
3:30 PM	200m	M	40-49
3:35 PM	200m	F	19-29
3:40 PM	200m	M	30-39
3:45 PM	200m	M	19-29
3:50 PM	200m	F	15-18
3:55 PM	200m	M	15-18
4:05 PM	300m hurdles	F	13-18
4:10 PM	300m hurdles	M	13-18
4:15 PM	300m hurdles	F	19-29
4:20 PM	300m hurdles	F	30+
4:25 PM	300m hurdles	M	50+
4:35 PM	400m hurdles	M	30-49
4:40 PM	400m hurdles	M	19-29

SUNDAY

9:00 AM	5K Racewalk	M/W	All ages
10:00 AM	3K Run	M/W	All ages