

# 2018 USATF Pacific Northwest Association Junior Olympic Outdoor Track & Field Championships

June 22/23/24  
Mount Tahoma HS, Tacoma



<b>Friday Track Events</b>					
4:30pm	1500 M Race Walk	Timed Finals	9-10G/9-10B/11-12G/11-12B		
4:30pm	3000 M Race Walk	Timed Finals	13-14G/13-14B/15-16G/15-16B/17-18G/17-18B		
5:15pm	4x800 M Relay	Timed Finals	11-12G/11-12B/13-14G/13-14B, 15-16G/15-16B/17-18G/17-18B		
6:00pm	200 M Dash	Semi-Finals*	All Divisions†		
6:00pm	2000 M Steeplechase	Timed Finals	15-16G/17-18G	<i>at West Seattle Stadium</i>	
6:20pm	2000 M Steeplechase	Timed Finals	15-16B/17-18B	<i>at West Seattle Stadium</i>	
<b>Friday Field Events</b>					
3:00pm	Javelin	15-16B	5:00pm	Long Jump	17-18G (north)
3:00pm	High Jump	13-14B	5:00pm	Triple Jump	15-16B (south)
3:00pm	Long Jump	17-18B (north)	5:30pm	Javelin	17-18B
3:00pm	Triple Jump	15-16G (south)	6:45pm	Javelin	17-18G
4:15pm	Javelin	15-16G	7:00pm	Triple Jump	13-14G (north)
5:00pm	High Jump	13-14G	7:00pm	Triple Jump	13-14B (south)
5:00pm	Hammer	15-16B/17-18B	<i>at West Seattle Stadium</i>		
6:15pm	Hammer	15-16G/17-18G	<i>at West Seattle Stadium</i>		
<b>Saturday Track Events</b>					
8:30am	1500 M Run	Timed Finals	8&uG,8&uB ,9-10G,9-10B,11-12G,11-12B, 13-14G,13-14B,15-16G,15-16B,17-18G,17-18B		
10:00am	100 M Dash	Semi-Finals*	All Divisions†		
11:30am	400 M Hurdles	Timed Finals	15-16B, 17-18B, 15-16G, 17-18G		
12:00pm	200 M Hurdles	Timed Finals	13-14G, 13-14B		
1:00pm	4x100 M Relay	Timed Finals	All Divisions†		
2:00pm	400 M Dash	Timed Finals	All Divisions†		
<b>Saturday Field Events</b>					
8:30am	Shot Put	13-14G	11:15am	Javelin	13-14G
8:30am	High Jump	11-12G	12:00pm	Pole Vault	13-14B
8:30am	Long Jump	8&uG (north)	12:15pm	High Jump	17-18B
8:30am	Long Jump	11-12B (south)	12:45pm	Discus	11-12B
9:30am	Discus	11-12G	12:45pm	Shot Put	15-16B
9:45am	Shot Put	9-10B	1:00pm	Aero Javelin	11-12G
10:00am	Aero Javelin	11-12B	1:00pm	Long Jump	9-10G (north)
10:00am	Pole Vault	13-14G/15-16G/17-18G	1:00pm	Triple Jump	17-18G (south)
10:15am	High Jump	9-10G	1:30pm	Pole Vault	15-16B/17-18B
10:30am	Long Jump	8&uB (north)	2:00pm	Discus	17-18B
10:30am	Long Jump	15-16B (south)	2:00pm	Shot Put	17-18G
10:45am	Discus	15-16G	2:00pm	High Jump	9-10B
11:00am	Shot Put	13-14B	2:15pm	Javelin	13-14B
* If there are 8 or less runners in a semi-final event, it will be run as a final event.					
<b>See additional notes on next page</b>					

<b>Sunday Track Events</b>					
8:30am	3000 M Run	Timed Finals	11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18G, 17-18B		
10:10am	100 M Dash	Finals	All Divisions†		
11:10am	80 M Hurdles	Timed Finals	11-12B, 11-12G		
11:25am	100 M Hurdles	Timed Finals	13-14G, 13-14B, 15-16G, 17-18G		
11:55am	110 M Hurdles	Timed Finals	15-16B, 17-18B		
12:15pm	800 M Run	Timed Finals	All Divisions†		
1:30pm	200 M Dash	Finals	All Divisions†		
2:30pm	4x400 M Relay	Timed Finals	All Divisions†		
<b>Sunday Field Events</b>					
8:30am	Shot Put	8&uG/8&uB (circle#2)	11:00am	Mini Javelin	9-10B
8:30am	Shot Put	11-12G	11:00am	Shot Put	11-12B
8:30am	High Jump	11-12B	12:15pm	High Jump	17-18G
8:30am	Long Jump	9-10B (north)	12:30pm	Discus	15-16B
8:30am	Long Jump	13-14B (south)	12:45pm	Mini Javelin	9-10G
9:30am	Discus	13-14B	12:45pm	Shot Put	15-16G
9:45am	Mini Javelin	8&uG/8&uB	1:00pm	Long Jump	13-14G (north)
9:45am	Shot Put	09-10G	1:00pm	Triple Jump	17-18B (south)
10:15am	High Jump	15-16B	2:00pm	Discus	17-18G
10:30am	Long Jump	11-12G (north)	2:00pm	Shot Put	17-18B
10:30am	Long Jump	15-16G (south)	2:00pm	High Jump	15-16G
10:45am	Discus	13-14G			
† The order for “All Divisions” races is: 8&uG, 8&uB, 9-10G, 9-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18G, 17-18B					
Age groups separated by slashes compete together. Additional races may combine age groups when practical.					
After the scheduled start of the 100m prelims & finals, running events may start up to 1 hour early.					