

\*\*\*tentative\*\*\* updated 4/12/19

# 2019 USATF Pacific Northwest Association Junior Olympic Outdoor Track & Field Championships

June 21/22/23  
Mount Tahoma HS, Tacoma



| Friday Track Events – June 21  |                  |                      |   |         |              |                |
|--|------------------|----------------------|---|---------|--------------|----------------|
| 4:30pm   | 1500 M Race Walk | Timed Finals         | 09-10G/09-10B/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,<br>15-16G/15-16B/17-18G/17-18B                           |         |              |                |
| 6:00pm   | 200 M Dash       | Semi-Finals*         | All Divisions†  |         |              |                |
|  |                  |                      |   |         |              |                |
| Friday Field Events – June 21  |                  |                      |   |         |              |                |
| 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)       |   | 5:40pm  | Javelin      | 17-18B         |
| 3:00pm   | Triple Jump      | 15-16G (south)       |   | 7:00pm  | Javelin      | 17-18G         |
| 4:20pm   | Javelin          | 15-16G               |   | 7:00pm  | Triple Jump  | 13-14G (north) |
| 5:00pm   | High Jump        | 13-14G               |   | 7:00pm  | Triple Jump  | 13-14B (south) |
|  |                  |                      |   |         |              |                |
| Saturday Track Events – June 22  |                  |                      |   |         |              |                |
| 8:30am   | 1500 M Run       | Timed Finals         | 08&uG,08&uB,09-10G,09-10B,11-12G,11-12B,<br>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†  |         |              |                |
|  |                  |                      |   |         |              |                |
| Saturday Field Events – June 22  |                  |                      |   |         |              |                |
| 8:30am   | Shot Put         | 13-14G               |   | 11:15am | Shot Put     | 13-14B         |
| 8:30am   | High Jump        | 11-12G               |   | 12:00pm | Pole Vault   | 13-14B         |
| 8:30am   | Long Jump        | 08&uG (north)        |   | 12:15pm | High Jump    | 17-18B         |
| 8:30am   | Long Jump        | 11-12B (south)       |   | 1:00pm  | Discus       | 11-12B         |
| 9:30am   | Discus           | 11-12G               |   | 1:00pm  | Aero Javelin | 11-12G         |
| 9:30am   | Aero Javelin     | 11-12B               |   | 1:00pm  | Shot Put     | 15-16B         |
| 9:30am   | Pole Vault       | 13-14G/15-16G/17-18G |   | 1:00pm  | Long Jump    | 09-10G (north) |
| 10:00am  | Shot Put         | 09-10B               |   | 1:00pm  | Triple Jump  | 17-18G (south) |
| 10:15am  | High Jump        | 09-10G               |   | 1:30pm  | Pole Vault   | 15-16B/17-18B  |
| 10:30am  | Long Jump        | 08&uB (north)        |   | 2:00pm  | High Jump    | 09-10B         |
| 10:30am  | Long Jump        | 15-16B (south)       |   | 2:15pm  | Shot Put     | 17-18G         |
| 11:00am  | Discus           | 15-16G               |   | 2:30pm  | Discus       | 17-18B         |
| 11:00am  | Javelin          | 13-14G               |   | 2:30pm  | Javelin      | 13-14B         |
|  |                  |                      |   |         |              |                |
| * If there are 8 or less runners in a semi-final event, it will be run as a final event. |                  |                      |   |         |              |                |
| See additional notes on next page  |                  |                      |   |         |              |                |
| Rev4 04/08   |                  |                      |   |         |              |                |

### Sunday Track Events – June 23

|         |               |              |  |
|---------|---------------|--------------|--|
| 9:00am  | 3000 M Run    | Timed Finals | 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 17-18G, 15-16B, 17-18B |
| 10:40am | 100 M Dash    | Finals       | All Divisions†   |
| 11:25am | 80 M Hurdles  | Timed Finals | 11-12G, 11-12B   |
| 11:40am | 100 M Hurdles | Timed Finals | 13-14G, 13-14B, 15-16G, 17-18G                                 |
| 12:10pm | 110 M Hurdles | Timed Finals | 15-16B, 17-18B   |
| 12:30pm | 800 M Run     | Timed Finals | All Divisions†   |
| 1:45pm  | 200 M Dash    | Finals       | All Divisions†   |
| 2:45pm  | 4x400 M Relay | Timed Finals | All Divisions†   |

### Sunday Field Events – June 23

|         |              |                        |         |              |                |
|---------|--------------|------------------------|---------|--------------|----------------|
| 8:30am  | Shot Put     | 08&uG/08&uB (circle#2) | 12:15pm | High Jump    | 17-18G         |
| 8:30am  | Shot Put     | 11-12G                 | 1:00pm  | Discus       | 15-16B         |
| 8:30am  | High Jump    | 11-12B                 | 1:00pm  | Mini Javelin | 09-10G         |
| 8:30am  | Long Jump    | 09-10B (north)         | 1:00pm  | Shot Put     | 15-16G         |
| 8:30am  | Long Jump    | 13-14B (south)         | 1:00pm  | Long Jump    | 13-14G (north) |
| 9:30am  | Discus       | 13-14B                 | 1:00pm  | Triple Jump  | 17-18B (south) |
| 9:45am  | Mini Javelin | 08&uG/08&uB            | 2:00pm  | High Jump    | 15-16G         |
| 9:45am  | Shot Put     | 09-10G                 | 2:15pm  | Shot Put     | 17-18B         |
| 10:15am | High Jump    | 15-16B                 | 2:30pm  | Discus       | 17-18G         |
| 10:30am | Long Jump    | 11-12G (north)         |         |              |                |
| 10:30am | Long Jump    | 15-16G (south)         |         |              |                |
| 11:00am | Discus       | 13-14G                 |         |              |                |
| 11:00am | Mini Javelin | 09-10B                 |         |              |                |
| 11:15am | Shot Put     | 11-12B                 |         |              |                |
|         |              |                        |         |              |                |
|         |              |                        |         |              |                |

† The order for “All Divisions” races is:  
08&uG, 08&uB, 09-10G, 09-10B, 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 15 minutes early.