

**2019 USATF Region 13  
Junior Olympic Outdoor Track & Field Championships**  
July 5/6/7  
Mount Tahoma HS, Tacoma



<b>Friday Track Events – July 5</b>					
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, 15-16G/15-16B/17-18G/17-18B		
6:00pm	200 M Dash	Semi-Finals*	All Divisions†		
<b>Friday Field Events – July 5</b>					
3:00pm	Mini Javelin	09-10G	5:00pm	High Jump	13-14G
3:00pm	Shot Put	13-14G	5:00pm	Long Jump	08&uG (north)
3:00pm	High Jump	13-14B	5:00pm	Long Jump	09-10G (south)
3:00pm	Long Jump	08&uB (north)	6:30pm	Mini Javelin	09-10B
3:00pm	Long Jump	09-10B (south)	7:00pm	Triple Jump	13-14G (north)
4:45pm	Javelin	13-14B	7:00pm	Triple Jump	13-14B (south)
<b>Saturday Track Events – July 6</b>					
8:30am	1500 M Run	Timed Finals	08&uG,08&uB,09-10G,09-10B,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†		
6:00pm	2000 M Steeplechase	Timed Finals	15-16G/17-18G	<i>at Pacific Lutheran Univ.</i>	
6:30pm	2000 M Steeplechase	Timed Finals	15-16B/17-18B	<i>at Pacific Lutheran Univ.</i>	
<b>Saturday Field Events – July 6</b>					
8:30am	Mini Javelin	08&uB	11:20am	Discus	15-16G
8:30am	Shot Put	09-10B	11:30am	Javelin	13-14G
8:30am	Shot Put	08&uG (circle#2)	11:30am	Shot Put	17-18G
8:30am	High Jump	09-10G	12:30pm	High Jump	17-18B
8:30am	Long Jump	11-12G (north)	1:00pm	Long Jump	11-12B (north)
8:30am	Triple Jump	15-16G (south)	1:00pm	Triple Jump	17-18G (south)
9:30am	Discus	11-12G	1:20pm	Discus	13-14B
9:30am	Pole Vault	13-14G	1:30pm	Aero Javelin	11-12G
9:45am	Aero Javelin	11-12B	1:30pm	Shot Put	15-16B
10:00am	Shot Put	09-10G	1:45pm	Pole Vault	15-16G
10:30am	High Jump	11-12G	2:30pm	High Jump	09-10B
10:30am	Long Jump	15-16B (north)	3:10pm	Discus	11-12B
10:30am	Long Jump	17-18B (south)	3:15pm	Javelin	17-18B
11:15am	Pole Vault	17-18G	3:15pm	Shot Put	13-14B
6:15pm	Hammer	15-16G/17-18G			<i>at Pacific Lutheran Univ.</i>
7:30pm	Hammer	15-16B/17-18B			<i>at Pacific Lutheran Univ.</i>
* 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					
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### Sunday Track Events – July 7

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 – July 7

8:30am	Discus	15-16B		10:45am	Pole Vault	17-18B
8:30am	Shot Put	11-12G		12:15pm	Javelin	17-18G
8:30am	Shot Put	08&uB (circle#2)		12:15pm	Shot Put	17-18B
8:30am	High Jump	11-12B		12:20am	Discus	13-14G
8:30am	Long Jump	13-14G (north)		12:20pm	High Jump	15-16G
8:30am	Long Jump	15-16G (south)		1:00pm	Triple Jump	15-16B (north)
9:00am	Mini Javelin	08&uG		1:00pm	Triple Jump	17-18B (south)
9:00am	Pole Vault	13-14B		1:15pm	Pole Vault	15-16B
10:15am	Javelin	15-16B		2:00pm	Javelin	15-16G
10:15am	Shot Put	15-16G		2:00pm	Shot Put	11-12B
10:20am	Discus	17-18G		2:10pm	Discus	17-18B
10:20am	High Jump	15-16B		2:10pm	High Jump	17-18G
10:30am	Long Jump	13-14B (north)				
10:30am	Long Jump	17-18G (south)				

† 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.