

**2019 USATF Region 13
Junior Olympic Outdoor Track & Field Championships
July 4/5
Mt. Tahoma HS, Tacoma**



Thursday Combined Events – July 4						
8:30am*	Heptathlon – Day 1	15-16G	100H	HJ	SP	200
8:30am*	Heptathlon – Day 1	17-18G	100H	HJ	SP	200
9:00am	Pentathlon	13-14B	100H	SP	HJ	LJ 1500
9:15am	Pentathlon	13-14G	100H	SP	HJ	LJ 800
10:00am**	Decathlon – Day 1	15-16B	100	LJ	SP	HJ 400
10:00am**	Decathlon – Day 1	17-18B	100	LJ	SP	HJ 400
1:00pm	Triathlon	09-10B	SP	HJ	400	
1:00pm	Triathlon	09-10G	SP	HJ	200	
* age group with fewest athletes at 8:30; age group with most athletes at 8:40						
** age group with fewest athletes at 10:00; age group with most athletes at 10:10						
Friday Combined Events – July 5						
8:30am†	Decathlon – Day 2	15-16B	110H	DIS	PV	JAV 1500
8:30am†	Decathlon – Day 2	17-18B	110H	DIS	PV	JAV 1500
8:30am††	Heptathlon – Day 2	15-16G	LJ	JAV	800	
8:30am††	Heptathlon – Day 2	17-18G	LJ	JAV	800	
9:30am	Pentathlon	11-12B	80H	SP	HJ	LJ 1500
10:00am	Pentathlon	11-12G	80H	SP	HJ	LJ 800
† age group with fewest athletes at 8:30; age group with most athletes at 9:00						
†† age group with fewest athletes at 8:30; age group with most athletes at 9:30						
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See next page for Friday individual events