

updated: June 23

2021 USATF Pacific Northwest Association Outdoor Track & Field Championships

June 25-26
Mt. Tahoma High School, Tacoma



Friday Track Events – June 25					
2:15pm	100 M Dash	Semi-Finals*	15-16G, 15-16B, 17-18G, 17-18B		
2:45pm	400 M Hurdles	Timed Finals	15-16G, 17-18G, 15-16B, 17-18B		
3:10pm	200 M Dash	Semi-Finals*	15-16G, 15-16B, 17-18G, 17-18B		
3:45pm	1500 M Run	Timed Finals	15-16G, 15-16B, 17-18G, 17-18B		
4:15pm	4x100 M Relay	Timed Finals	15-16G/17-18G, 15-16B/17-18B		
4:20pm	400 M Dash	Timed Finals	15-16G, 15-16B, 17-18G, 17-18B		
Friday Field Events – June 25					
1:00pm	Discus	15-16G	3:30pm	Discus	17-18G
1:00pm	Long Jump	17-18B	4:00pm	Pole Vault	15-16B/17-18B
1:30pm	Pole Vault	15-16G/17-18G	4:45pm	Discus	17-18B
2:15pm	Discus	15-16B	5:00pm	Triple Jump	15-16G/15-16B
3:15pm	Long Jump	17-18G			

Saturday Track Events – June 26					
12:00pm	3000 M Run	Timed Finals	15-16G/17-18G, 15-16B/17-18B		
12:30pm	100 M Dash	Finals	15-16G, 15-16B, 17-18G, 17-18B		
12:55pm	100 M Hurdles	Timed Finals	15-16G, 17-18G		
1:15pm	110 M Hurdles	Timed Finals	15-16B, 17-18B		
1:30pm	800 M Run	Timed Finals	15-16G, 15-16B, 17-18G, 17-18B		
1:55pm	200 M Dash	Finals	15-16G, 15-16B, 17-18G, 17-18B		
2:10pm	4x400 M Relay	Timed Finals	15-16G/17-18G, 15-16B/17-18B		
Saturday Field Events – June 26					
10:30am	Javelin	17-18B	12:00pm	Long Jump	15-16B
10:30am	Shot Put	17-18G	12:15pm	High Jump	17-18B
10:30am	Long Jump	15-16G	1:15pm	Shot Put	15-16G/15-16B
10:30am	High Jump	17-18G	1:15pm	Javelin	15-16B
11:45am	Javelin	15-16G/17-18G	1:30pm	Triple Jump	17-18G/17-18B
11:45am	Shot Put	17-18B	1:45pm	High Jump	15-16G/15-16B
Age groups separated by slashes compete together. Additional races may combine age groups when practical.					
* If there are 8 or less runners in a semi-final event, it will be run as a final event.					
Rev3 6/23					

PLEASE ALLOW ENOUGH TIME FOR TRAFFIC!

**Warning! High temps are expected!
Please come prepared –
bring plenty of sun protection, water and ice!**