

FINAL 6/06

**2024 USATF Pacific Northwest Association
Outdoor Track & Field Championships
Combined Events + Steeplechase + Hammer + Race Walk
June 9
West Seattle Stadium, Seattle**



Sunday Combined Events – June 9

| | | | |
|---------|------------|--------|--------------------|
| 9:15am | Pentathlon | 13-14B | 100H SP HJ LJ 1500 |
| 9:30am | Pentathlon | 13-14G | 100H SP HJ LJ 800 |
| 10:00am | Pentathlon | 11-12B | 80H SP HJ LJ 1500 |
| 10:15am | Pentathlon | 11-12G | 80H SP HJ LJ 800 |
| 12:00pm | Triathlon | 09-10B | SP HJ 400 |
| 12:00pm | Triathlon | 09-10G | SP HJ 200 |

Combined Event start times will be optimized after entries close.

Sunday Track Events – June 9

| | | | |
|---------|---------------------|--------------|---|
| 11:00am | 2000 M Steeplechase | Timed Finals | 15-16B/17-18B |
| 11:25am | 2000 M Steeplechase | Timed Finals | 13-14B |
| 11:45am | 2000 M Steeplechase | Timed Finals | 13-14G/15-16G/17-18G |
| 12:15pm | 1500 M Race Walk | Timed Finals | 09-10G/09-10B/11-12G/11-12B |
| 12:15pm | 3000 M Race Walk | Timed Finals | 13-14G/13-14B/15-16G/15-16B/17-18G/17-18B |

Sunday Field Events – June 9

| | | | | | | |
|--------|--------|---------------|--|--|--|--|
| 1:00pm | Hammer | 15-16B/17-18B | | | | |
| 2:30pm | Hammer | 15-16G/17-18G | | | | |

Age groups separated by slashes compete together. Additional races may combine age groups when practical.

8 athletes qualify for finals in field events.

In individual events, 8 athletes/relay teams qualify from Association to Regional.

In combined events, 8 athletes qualify from Association to Regional.

Athletes with both a track and a field event at the same time are NEVER required to stay in the clerking tent. After check-in, you may return to your field event, but it is now your responsibility to return to the tent or start line in time for your race.

Hurdles: 33" 13-14B; 30" 13-14G, 11-12B, 11-12G Steeplechase: 36" 15-18B; 30"- 13-14B, 13-18G

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