

2026 USATF Region 13 Junior Olympic Outdoor Track & Field Championships

July 8/9/10/11/12
Juanita HS, Kirkland



Wednesday Combined Events – July 8

10:30am	Heptathlon – Day 1	17-18G	100H HJ SP 200
10:40am	Heptathlon – Day 1	15-16G	100H HJ SP 200
10:50am	Decathlon – Day 1	17-18B	100 LJ SP HJ 400
12:00pm	Decathlon – Day 1	15-16B	100 LJ SP HJ 400

Combined Event start times will be optimized after entries close.

Thursday Combined Events – July 9

8:30am	Pentathlon	13-14B	100H SP HJ LJ 1500
8:45am	Pentathlon	13-14G	100H SP HJ LJ 800
9:00am	Decathlon – Day 2	15-16B	110H DIS PV JAV 1500
9:30am	Heptathlon – Day 2	15-16G	LJ JAV 800
10:00am	Decathlon – Day 2	17-18B	110H DIS PV JAV 1500
10:30am	Heptathlon – Day 2	17-18G	LJ JAV 800

Combined Event start times will be optimized after entries close.

Thursday Track Events – July 9

5:30pm	2000 M Steeplechase	Timed Finals	15-16B/17-18B
5:55pm	2000 M Steeplechase	Timed Finals	13-14B
6:15pm	2000 M Steeplechase	Timed Finals	13-14G
6:35pm	2000 M Steeplechase	Timed Finals	15-16G/17-18G

Thursday Field Events – July 9

3:30pm	Hammer	15-16G	Hammer and Steeplechase held at: West Seattle Stadium 4432 35th Ave. SW Seattle, WA
4:45pm	Hammer	17-18G	
6:00pm	Hammer	15-16B	
7:15pm	Hammer	17-18B	

Hammer start times will be optimized after entries close.

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, 5 athletes/relay teams qualify from Regional to National.

In combined events, 2 athletes, plus any athlete that meets the national standard, qualify from Regional to National.

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: 39" 15-16B, 17-18B. 33" 15-16G, 17-18G. 36" 13-14B. 30" 13-14G.

Steeplechase: 36" 15-16B, 17-18B. 30" 13-14B, 15-16G, 17-18G.

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Friday Combined Events – July 10						
9:00am	Pentathlon	11-12B	80H	SP	HJ	LJ 1500
9:15am	Pentathlon	11-12G	80H	SP	HJ	LJ 800
12:00pm	Triathlon	09-10B	SP	HJ	400	
12:15pm	Triathlon	09-10G	SP	HJ	200	
Combined Event start times will be optimized after entries close.						
Friday Track Events – July 10						
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, 15-16MX/15-16G/15-16B/17-18MX/17-18G/17-18B			
6:00pm	200 M Dash	Semi-Finals #	All Divisions †			
7:15pm	---end---					
Friday Field Events – July 10						
3:00pm	Javelin	17-18B		5:00pm	Javelin	17-18G
3:00pm	Shot Put	13-14G		5:00pm	Triple Jump	15-16G (south)
3:00pm	High Jump	13-14B		5:30pm	High Jump	13-14G
3:00pm	Long Jump	17-18G (north)		5:30pm	Long Jump	17-18B (north)
3:00pm	Triple Jump	15-16B (south)		6:45pm	Shot Put	13-14B
4:45pm	Shot Put	15-16B		7:00pm	Javelin	15-16G
† 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.						
Ambulatory 100m/200m/400m are the first heat of their age group. Wheelchair 100m/200m/400m are the first heat of their entire event.						
# If there are 16 or fewer runners in a semi-final event, it will be run as a final event.						
8 athletes qualify for finals in field events.						
In individual events, 5 athletes/relay teams qualify from Regional to National.						
In combined events, 2 athletes, plus any athlete that meets the national standard, qualify from Regional to National.						
Mixed Gender Relays: 4x800 and 4x400 relay leg order is boy-girl-boy-girl. 4x100 relay leg order is girl-girl-boy-boy.						
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: 30” 11-12B, 11-12G.						
live results at PNTFO.TRACKSCOREBOARD.COM						
Revision 002 5/11/2026						

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Saturday Track Events – July 11			
9:30am	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
11:00am	100 M Dash	Semi-Finals #	All Divisions †
12:10pm	400 M Hurdles	Timed Finals	15-16B, 17-18B, 15-16G, 17-18G
	200 M Hurdles	Timed Finals	13-14G, 13-14B
1:00pm	---break---		
1:30pm	Mixed 4x100 M Relay	Timed Finals	15-16MX,17-18MX
	4x100 M Relay	Timed Finals	All Divisions †
2:45pm	400 M Dash	Timed Finals	All Divisions †
4:15pm	---end---		

Saturday Field Events – July 11						
8:30am	Discus	11-12B		12:15pm	Shot Put	15-16G
8:30am	High Jump	09-10B		12:30pm	Discus	13-14B
8:30am	Long Jump	08&uB (north)		12:30pm	Mini Javelin	08&uG
8:30am	Long Jump	11-12G (south)		12:45pm	High Jump	11-12B
8:45am	Javelin	13-14B		1:30pm	Long Jump	09-10G (north)
8:45am	Shot Put	09-10G		1:30pm	Triple Jump	17-18G (south)
9:00am	Pole Vault	13-14G		2:15pm	Shot Put	17-18B
10:30am	Discus	15-16G		2:30pm	Aero Javelin	11-12B
10:30am	Shot Put	08&uG		2:30pm	Pole Vault	15-16G
10:30am	High Jump	15-16B		2:45pm	Discus	15-16B
10:45am	Aero Javelin	11-12G		3:15pm	High Jump	17-18B
11:00am	Long Jump	09-10B (north)		4:00pm	Triple Jump	13-14B (north)
11:00am	Triple Jump	17-18B (south)		4:00pm	Triple Jump	13-14G (south)
11:15am	Pole Vault	17-18G		4:30pm	Shot Put	17-18G
				4:30pm	Javelin	15-16B

† 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.

Ambulatory 100m/200m/400m are the first heat of their age group.
Wheelchair 100m/200m/400m are the first heat of their entire event.

If there are 16 or fewer runners in a semi-final event, it will be run as a final event.

8 athletes qualify for finals in field events.

In individual events, 5 athletes/relay teams qualify from Regional to National.

Mixed Gender Relays: 4x800 and 4x400 relay leg order is boy-girl-boy-girl. 4x100 relay leg order is girl-girl-boy-boy.

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.

200/400m Hurdles: 36” 15-16B, 17-18B. 30” 15-16G, 17-18G, 13-14G, 13-14B.

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Sunday Track Events – July 12			
9:30am	3000 M Run	Timed Finals	11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 17-18G, 15-16B, 17-18B
11:10am	100 M Dash	Timed Finals	All Divisions †
12:20pm	80 M Hurdles	Timed Finals	11-12G, 11-12B
	100 M Hurdles	Timed Finals	13-14G, 15-16G, 17-18G, 13-14B
	110 M Hurdles	Timed Finals	15-16B, 17-18B
1:10pm	---break---		
1:40pm	800 M Run	Timed Finals	All Divisions †
3:10pm	200 M Dash	Timed Finals	All Divisions †
4:10pm	Mixed 4x400 M Relay	Timed Finals	15-16MX, 17-18MX
	4x400 M Relay	Timed Finals	All Divisions †
6:00pm	---end---		

Sunday Field Events – July 12						
8:30am	Aero Javelin	09-10B		11:45am	Shot Put	Wheelchair (circle#3)
8:30am	Shot Put	11-12B		12:15pm	Discus	17-18G
8:30am	Long Jump	08&uG (north)		12:30pm	Mini Javelin	08&uB
8:30am	Long Jump	13-14G (south)		12:30pm	Shot Put	09-10B
8:30am	High Jump	09-10G		12:30pm	High Jump	11-12G
8:45am	Discus	11-12G		1:45pm	Long Jump	13-14B (north)
9:00am	Pole Vault	13-14B		1:45pm	Long Jump	15-16G (south)
10:15am	Discus	13-14G		2:00pm	Pole Vault	15-16B
10:15am	Shot Put	08&uB		2:30pm	Discus	17-18B
10:15am	High Jump	15-16G		2:30pm	Javelin	13-14G
10:30am	Aero Javelin	09-10G		2:30pm	Shot Put	11-12G
11:00am	Long Jump	11-12B (north)		2:30pm	High Jump	17-18G
11:00am	Long Jump	15-16B (south)				
11:00am	Pole Vault	17-18B				

† 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

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In individual events, 5 athletes/relay teams qualify from Regional to National.

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Coaches: please report any 4x400 M Relay scratches by noon Sunday to facilitate combining of heats.

80/100/110m Hurdles: 30” 11-12G, 11-12B, 13-14G. 33” 15-16G, 17-18G. 36” 13-14B. 39” 15-16B, 17-18B.

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