

**2023 USATF Pacific Northwest Association
Outdoor Track & Field Championships
Combined Events + Steeplechase + Hammer + Race Walk
June 11
West Seattle Stadium, Seattle**



Sunday Combined Events – June 11					
9:15am	Pentathlon	13-14B	100H	SP	HJ LJ 1500
9:35am	Pentathlon	13-14G	100H	SP	HJ LJ 800
10:00am	Pentathlon	11-12B	80H	SP	HJ LJ 1500
10:20am	Pentathlon	11-12G	80H	SP	HJ LJ 800
12:15pm	Triathlon	09-10B	SP	HJ	400
12:45pm	Triathlon	09-10G	SP	HJ	200
Combined Event start times will be optimized after entries close.					
Sunday Track Events – June 11					
11:00am	2000 M Steeplechase	Timed Finals	15-16B/17-18B		
11:25am	2000 M Steeplechase	Timed Finals	13-14B		
11:40am	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 11					
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.					
live results at LIVE.PNTFO.COM					
Revision 0 3/13/2023					