

**2023 USATF Pacific Northwest Association
Junior Olympic Outdoor Track & Field Championships
June 23/24/25
Mount Tahoma HS, Tacoma**



Friday Track Events – June 23					
5:30pm	4x800 M Relay	Timed Finals	11-12G/11-12B/13-14G/13-14B, 15-16G/15-16B/17-18G/17-18B		
6:00pm	200 M Dash	Semi-Finals #	All Divisions †		
Friday Field Events – June 23					
3:00pm	Javelin	15-16B		5:15pm	Long Jump 17-18G (north)
3:00pm	High Jump	13-14B		5:15pm	Triple Jump 15-16B (south)
3:00pm	Long Jump	17-18B (north)		5:40pm	Javelin 17-18B
3:00pm	Triple Jump	15-16G (south)		7:00pm	Javelin 17-18G
4:20pm	Javelin	15-16G		7:15pm	Triple Jump 13-14G (north)
5:00pm	High Jump	13-14G		7:15pm	Triple Jump 13-14B (south)
† 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.					
# If there are 8 or less 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, 8 athletes/relay teams 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.					
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Saturday Track Events – June 24

8:00am	Coaches Meeting	at Bell Tower	
9:00am	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
10:30am	100 M Dash	Semi-Finals #	All Divisions †
12:00pm	400 M Hurdles	Timed Finals	15-16B, 17-18B, 15-16G, 17-18G
12:30pm	200 M Hurdles	Timed Finals	13-14G, 13-14B
1:30pm	4x100 M Relay	Timed Finals	All Divisions †
2:30pm	400 M Dash	Timed Finals	All Divisions †

Saturday Field Events – June 24

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

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Sunday Track Events – June 25					
9:15am	3000 M Run	Timed Finals	11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 17-18G, 15-16B, 17-18B		
10:40am	100 M Dash	Finals	All Divisions †		
11:25am	80 M Hurdles	Timed Finals	11-12G, 11-12B		
11:40am	100 M Hurdles	Timed Finals	13-14G, 13-14B, 15-16G, 17-18G		
12:10pm	110 M Hurdles	Timed Finals	15-16B, 17-18B		
12:30pm	800 M Run	Timed Finals	All Divisions †		
1:45pm	200 M Dash	Finals	All Divisions †		
2:45pm	4x400 M Relay	Timed Finals	All Divisions †		
Sunday Field Events – June 25					
8:30am	Shot Put	08&uG/08&uB (circle#2)	12:15pm	High Jump	17-18G
8:30am	Shot Put	11-12G	1:00pm	Discus	15-16B
8:30am	High Jump	11-12B	1:00pm	Mini Javelin	09-10G
8:30am	Long Jump	09-10B (north)	1:00pm	Shot Put	15-16G
8:30am	Long Jump	13-14B (south)	1:30pm	Long Jump	13-14G (north)
9:00am	Pole Vault	13-14B	1:30pm	Triple Jump	17-18B (south)
9:30am	Discus	13-14B	1:30pm	Pole Vault	15-16B
9:45am	Mini Javelin	08&uG/08&uB	2:00pm	High Jump	15-16G
9:45am	Shot Put	09-10G	2:15pm	Shot Put	17-18B
10:15am	High Jump	15-16B	2:30pm	Discus	17-18G
10:45am	Long Jump	11-12G (north)			
10:45am	Long Jump	15-16G (south)			
10:45am	Pole Vault	17-18B			
11:00am	Discus	13-14G			
11:00am	Mini Javelin	09-10B			
11:15am	Shot Put	11-12B			
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