

FINAL July 4

**2023 USATF Region 13
Junior Olympic Outdoor Track & Field Championships**
July 6/7/8/9
Mt. Tahoma HS, Tacoma



Thursday Combined Events – July 6

8:30am	Heptathlon – Day 1	15-16G	100H HJ SP 200
8:40am	Heptathlon – Day 1	17-18G	100H HJ SP 200
9:00am	Pentathlon	13-14B	100H SP HJ LJ 1500
9:15am	Pentathlon	13-14G	100H SP HJ LJ 800
10:00am	Decathlon – Day 1	15-16B	100 LJ SP HJ 400
10:20am	Decathlon – Day 1	17-18B	100 LJ SP HJ 400
12:30pm	Triathlon	09-10B	SP HJ 400
1:00pm	Triathlon	09-10G	SP HJ 200

Thursday Track Events – July 6

5:30pm	2000 M Steeplechase	Timed Finals	15-16B/17-18B	<i>at Pacific Lutheran Univ. 732-742 124th St. S. Parkland, WA 98444 Track is on 124th between Garfield St. S. & Yakima St.</i>
5:55pm	2000 M Steeplechase	Timed Finals	13-14G/13-14B	
6:10pm	2000 M Steeplechase	Timed Finals	15-16G/17-18G	

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

In individual events, 8 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.

live results at [LIVE.PNTFO.COM](https://live.pntfo.com)

Revision 4 7/04/2023

**2023 USATF Region 13
Junior Olympic Outdoor Track & Field Championships**
July 6/7/8/9
Mt. Tahoma HS, Tacoma



Friday Combined Events – July 7

8:30am	Decathlon – Day 2	15-16B	110H	DIS	PV	JAV	1500
9:00am	Decathlon – Day 2	17-18B	110H	DIS	PV	JAV	1500
8:30am	Heptathlon – Day 2	15-16G	LJ		JAV	800	
9:15am	Heptathlon – Day 2	17-18G	LJ		JAV	800	
9:20am	Pentathlon	11-12B	80H	SP	HJ	LJ	1500
10:00am	Pentathlon	11-12G	80H	SP	HJ	LJ	800

Friday Track Events – July 7

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, 15-16G/15-16B/17-18G/17-18B
6:00pm	200 M Dash	Semi-Finals #	All Divisions †

Friday Field Events – July 7

3:00pm	Mini Javelin	09-10G		5:00pm	High Jump	13-14G
3:00pm	Shot Put	13-14G		5:00pm	Long Jump	08&uG (north)
3:00pm	High Jump	13-14B		5:00pm	Long Jump	09-10G (south)
3:00pm	Long Jump	08&uB (north)		6:30pm	Mini Javelin	09-10B
3:00pm	Long Jump	09-10B (south)		7:00pm	Triple Jump	13-14G/13-14B (tbd)
4:45pm	Javelin	13-14B				

† 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 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.

live results at [LIVE.PNTFO.COM](https://live.pntfo.com)

**2023 USATF Region 13
Junior Olympic Outdoor Track & Field Championships
July 6/7/8/9
Mount Tahoma HS, Tacoma**



Saturday Track Events – July 8

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
	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 – July 8

8:30am	Mini Javelin	08&uB	11:30am	Javelin	13-14G
8:30am	Shot Put	09-10B	11:30am	Shot Put	17-18G
8:30am	Shot Put	08&uG (circle#2)	12:30pm	High Jump	17-18B
8:30am	High Jump	09-10G	1:00pm	Long Jump	11-12B (north)
8:30am	Long Jump	11-12G (north)	1:00pm	Triple Jump	17-18G (south)
8:30am	Triple Jump	15-16G (south)	1:15pm	Discus	13-14B
9:30am	Discus	11-12G	1:30pm	Aero Javelin	11-12G
9:30am	Pole Vault	13-14G	1:30pm	Shot Put	15-16B
9:45am	Aero Javelin	11-12B	1:45pm	Pole Vault	15-16G
10:00am	Shot Put	09-10G	2:30pm	High Jump	09-10B
10:30am	High Jump	11-12G	3:15pm	Shot Put	13-14B
10:30am	Long Jump	15-16B (north)	3:15pm	Discus	11-12B
10:30am	Long Jump	17-18B (south)	3:15pm	Javelin	17-18B
11:15am	Discus	15-16G			
11:15am	Pole Vault	17-18G			
4:00pm	Hammer	15-16G	at Pacific Lutheran Univ. 732-742 124th St. S. Parkland, WA 98444 Track is on 124th between Garfield St. S. & Yakima St.		
5:00pm	Hammer	17-18G			
6:10pm	Hammer	15-16B			
7:30pm	Hammer	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

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.

After the scheduled start of the 100 M Dash, running events may start up to 15 minutes early.

8 athletes qualify for finals in field events.

In individual events, 8 athletes/relay teams 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.

live results at LIVE.PNTFO.COM

**2023 USATF Region 13
Junior Olympic Outdoor Track & Field Championships**
July 6/7/8/9
Mount Tahoma HS, Tacoma



Sunday Track Events – July 9

9:00am	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
	100 M Hurdles	Timed Finals	13-14G, 13-14B, 15-16G, 17-18G
	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 – July 9

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

After the scheduled start of the 100 M Dash, running events may start up to 15 minutes early.

8 athletes qualify for finals in field events.

In individual events, 8 athletes/relay teams 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.

live results at [LIVE.PNTFO.COM](https://live.pntfo.com)