



2025 USATF Pacific Northwest Association Junior Olympic Track & Field Championships

June 27/28/29
Mount Tahoma HS, Tacoma



Friday, June 27 - Track Events

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, June 27 - Field Events

3:00pm	Javelin	17-18B		5:15pm	Javelin	15-16G
3:00pm	High Jump	13-14B		6:00pm	Long Jump	17-18B (north)
3:00pm	Long Jump	17-18G (north)		7:00pm	Triple Jump	13-14G/13-14B (south)
3:00pm	Triple Jump	15-16G (south)		7:15pm	Javelin	17-18G
5:00pm	High Jump	13-14G				
5:00pm	Triple Jump	15-16B (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 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, 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.

live results at PNTFO.TRACKSCOREBOARD.COM

Saturday, June 28 - Track Events

8:00am	Coaches Meeting	at Bell Tower	
9:00am	1500m	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	100m	Semi-Finals #	All Divisions †
1:10pm	400m Hurdles	Timed Finals	15-16B, 17-18B, 15-16G, 17-18G
	200m Hurdles	Timed Finals	13-14G, 13-14B
2:10pm	4x100m Relay	Timed Finals	All Divisions †
3:00pm	400m	Timed Finals	All Divisions †

Saturday, June 28 - Field Events

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

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Hurdles: 36" 15-18B; 30" 15-18G, 13-14G, 13-14B.

live results at PNTFO.TRACKSCOREBOARD.COM

Sunday, June 29 - Track Events

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 †
11:30am	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
12:30pm	800 M Run	Timed Finals	All Divisions †
2:20pm	200 M Dash	Finals	All Divisions †
3:20pm	4x400 M Relay	Timed Finals	All Divisions †

Sunday, June 29 - Field Events

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

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800 M Run uses a waterfall start for ages 08&u and 09-10.

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

Hurdles: 30” 11-12G, 11-12B, 13-14G; 33” 15-18G; 36” 13-14B; 39” 15-18B.

