

**TENTATIVE 3/23**

**2024 USATF Pacific Northwest Association  
Outdoor Track & Field Championships  
Combined Events + Steeplechase + Hammer + Race Walk  
June 9  
West Seattle Stadium, Seattle**



**Sunday Combined Events – June 91**

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
12:00pm	Triathlon	09-10B	SP HJ 400
12:00pm	Triathlon	09-10G	SP HJ 200

**Combined Event start times will be optimized after entries close.**

**Sunday Track Events – June 9**

11:00am	2000 M Steeplechase	Timed Finals	15-16B/17-18B
11:25am	2000 M Steeplechase	Timed Finals	13-14B
11:45am	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 9**

1:00pm	Hammer	15-16B/17-18B				
2:40pm	Hammer	15-16G				
3:40pm	Hammer	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.

Hurdles: 33"- 1314B      30"- 1314G, 1112B, 1112G

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