



TENTATIVE 3/04

**2025 USATF Pacific Northwest
Junior Olympic Track & Field Championships**
Combined Events | Steeplechase | Hammer | Race Walk
 June 8
 West Seattle Stadium, Seattle



Combined Events

9:45am	Pentathlon	13-14B	inside SP, east HJ	100H SP HJ LJ 1500
10:00am	Pentathlon	13-14G	outside SP, west HJ	100H SP HJ LJ 800
10:30am	Pentathlon	11-12B	inside SP, east HJ	80H SP HJ LJ 1500
10:45am	Pentathlon	11-12G	outside SP, west HJ	80H SP HJ LJ 800
12:30pm	Triathlon	09-10B/09-10G	inside SP, west HJ	SP HJ 400

Combined Event start times will be optimized after entries close.
 Within an age group, the gender with the fewest entries will compete first.

Track Events

11:15am	2000m Steeplechase	Timed Finals	15-16B/17-18B
11:40am	2000m Steeplechase	Timed Finals	13-14B
12:00pm	2000m Steeplechase	Timed Finals	13-14G/15-16G/17-18G
12:30pm	1500m Race Walk	Timed Finals	09-10G/09-10B/11-12G/11-12B
12:30pm	3000m Race Walk	Timed Finals	13-14G/13-14B/15-16G/15-16B/17-18G/17-18B

Steeplechasers will have the opportunity to practice the water jump immediately preceding their race.

Field Events

1:15pm	Hammer	15-16B/17-18B	
2:45pm	Hammer	15-16G/17-18G	

Hammer start times will be optimized after entries close.

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: 36" 13-14B; 30" 13-14G, 11-12B, 11-12G.

Steeplechase: 36" Boys | 30" Girls