

revised: June 15

2021 USATF Pacific Northwest Association Outdoor Track & Field Championships

June 18 & 19, 2021

Mt Tahoma High School Stadium, Tacoma



Ages 9-10 Friday Track Events – June 18			
5:00pm	100 M Dash	Timed Finals	09-10G,09-10B
5:20pm	1500 M Run	Timed Finals	09-10G,09-10B
5:45pm	4x100 M Relay	Timed Finals	09-10G,09-10B
6:00pm	400 M Dash	Timed Finals	09-10G,09-10B
6:10pm	gap		
6:40pm	800 M Run	Timed Finals	09-10G,09-10B
7:05pm	200 M Dash	Timed Finals	09-10G,09-10B
7:30pm	4x400 M Relay	Timed Finals	09-10G,09-10B
Ages 9-10 Friday Field Events – June 18			
4:30pm	Shot Put	09-10G/09-10B	
5:00pm	High Jump	09-10G	
5:30pm	Long Jump	09-10G/09-10B	
6:00pm	Mini Javelin	09-10G/09-10B	
6:45pm	High Jump	09-10B	

Ages 11-12 Saturday Track Events – June 19			
12:00pm	100 M Dash	Semi-Finals*	11-12G, 11-12B
12:20pm	1500 M Run	Timed Finals	11-12G, 11-12B
12:40pm	3000 M Run	Timed Finals	13-14G, 13-14B Ä
1:15pm	200 M Dash	Semi-Finals*	11-12G, 11-12B
1:40pm	80 M Hurdles	Timed Finals	11-12G, 11-12B
2:05pm	4x800 M Relay	Timed Finals	11-12G, 11-12B
2:20pm	gap		
2:45pm	4x100 M Relay	Timed Finals	11-12G, 11-12B
3:00pm	400 M Dash	Timed Finals	11-12G, 11-12B
3:15pm	gap		
3:40pm	100 M Dash	Finals	11-12G, 11-12B
3:55pm	800 M Run	Timed Finals	11-12G, 11-12B
4:20pm	200 M Dash	Finals	11-12G, 11-12B
4:35pm	4x400 M Relay	Timed Finals	11-12G, 11-12B
Ages 11-12 Saturday Field Events – June 19			
11:30am	Shot Put	11-12G/11-12B	2:00pm High Jump 11-12G
12:30pm	High Jump	11-12B	2:30pm Aero Javelin 11-12G
1:00pm	Aero Javelin	11-12B	2:30pm Long Jump 11-12B
1:00pm	Long Jump	11-12G	3:30pm Discus 11-12G/11-12B

Ä3000 M for ages 11-12 will be conducted Sunday June 20.
3000 M for ages 13-14 will be conducted Saturday June 19.

Age groups separated by slashes compete together. Additional events 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.