

# 2020 USATF Pacific Northwest Association Outdoor Track & Field Championships

Sunday, June 20, 2021  
Mt Tahoma High School Stadium, Tacoma



## Ages 13-14 Sunday Track Events – June 20

9:00am	100 M Dash	Semi-Finals*	13-14G, 13-14B
9:20am	1500 M Run	Timed Finals	13-14G, 13-14B
9:45am	200 M Hurdles	Timed Finals	13-14G, 13-14B
9:55am	3000 M Run	Timed Finals	11-12G, 11-12B Ä
10:30am	200 M Dash	Semi-Finals*	13-14G, 13-14B
10:55am	100 M Hurdles	Timed Finals	13-14G, 13-14B
11:20am	4x800 M Relay	Timed Finals	13-14G, 13-14B
11:30am	gap		
12:00pm	4x100 M Relay	Timed Finals	13-14G, 13-14B
12:15pm	400 M Dash	Timed Finals	13-14G, 13-14B
12:30pm	gap		
12:55pm	100 M Dash	Finals	13-14G, 13-14B
1:05pm	800 M Run	Timed Finals	13-14G, 13-14B
1:30pm	200 M Dash	Finals	13-14G, 13-14B
1:50pm	4x400 M Relay	Timed Finals	13-14G, 13-14B

## Ages 13-14 Sunday Field Events – June 20

9:00am	Shot Put	13-14G circle 1		11:30am	High Jump	13-14B
9:00am	Shot Put	13-14B circle 2		12:00pm	Long Jump	13-14G
10:00am	High Jump	13-14G		12:00pm	Pole Vault	13-14B
10:00am	Long Jump	13-14B		12:15pm	Discus	13-14G/13-14B
10:15am	Javelin	13-14G/13-14B		1:15pm	Triple Jump	13-14G/13-14B
10:30am	Pole Vault	13-14G				

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.