

TENTATIVE Feb 16



2026 USATF Pacific Northwest Association Junior Olympic Outdoor Track & Field Championships

June 26/27/28
Mount Tahoma HS, Tacoma

Friday Track Events – June 26			
5:00pm	Mixed 4x800 M Relay	Timed Finals	15-16/17-18
	4x800 M Relay	Timed Finals	11-12G/11-12B/13-14G/13-14B, 15-16G/15-16B/17-18G/17-18B
5:40pm	200 M Dash	Semi-Finals #	All Divisions †
7:00pm	~end		

Friday Field Events – June 26						
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.

Para 100m/200m/400m are the first heat in their age group.

If there are 16 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.

Mixed Gender Relays: 4x800 and 4x400 relay leg order is boy-girl-boy-girl. 4x100 relay leg order is girl-girl-boy-boy.

Wheelchair racers compete as the first heat of their **entire event**.

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.

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Revision 001 2/16/2026



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Saturday Track Events – June 27			
9:00am	1500 M Run	Timed Finals	All Divisions †
10:30am	100 M Dash	Semi-Finals #	All Divisions †
1:10pm	400 M Hurdles	Timed Finals	15-16B, 17-18B, 15-16G, 17-18G
	200 M Hurdles	Timed Finals	13-14G, 13-14B
2:10pm	Mixed 4x100 M Relay	Timed Finals	15-16,17-18
	4x100 M Relay	Timed Finals	All Divisions †
3:05pm	400 M Dash	Timed Finals	All Divisions †
5:00pm	~end		

Saturday Field Events – June 27						
8:30am	Shot Put	13-14G		12:15pm	High Jump	17-18B
8:30am	Shot Put	Wheelchair (circle#2)		12:45pm	Aero Javelin	11-12G
8:30am	High Jump	11-12G		1:00pm	Discus	11-12B
8:30am	Long Jump	08&uG (north)		1:45pm	Pole Vault	15-16G
8:30am	Long Jump	11-12B (south)		2:00pm	Long Jump	09-10G (north)
9:00am	Javelin	13-14B		2:00pm	Triple Jump	17-18G (south)
9:30am	Discus	11-12G		2:15pm	Shot Put	15-16B
9:30am	Pole Vault	13-14G		2:15pm	High Jump	09-10B
10:15am	Shot Put	09-10B		2:30pm	Discus	17-18B
10:15am	High Jump	09-10G		2:45pm	Aero Javelin	11-12B
11:00am	Discus	15-16G		3:45pm	Shot Put	17-18G
11:00am	Javelin	13-14G				
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				

† 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.

Para 100m/200m/400m are the first heat in their age group.

If there are 16 or fewer runners in a semi-final event, it will be run as a final event.

8 athletes qualify for finals in field events.

Mixed Gender Relays: 4x800 and 4x400 relay leg order is boy-girl-boy-girl. 4x100 relay leg order is girl-girl-boy-boy.

Wheelchair racers compete as the first heat of their entire event.

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.

200/400m Hurdles: 36” 15-18B; 30” 15-18G, 13-14G, 13-14B.

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Sunday Track Events – June 28

9:30am	3000 M Run	Timed Finals	11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 17-18G, 15-16B, 17-18B
11:10am	100 M Dash	Timed Finals	All Divisions †
12:10pm	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
13:10pm	800 M Run	Timed Finals	All Divisions †
3:20pm	200 M Dash	Timed Finals	All Divisions †
4:15pm	Mixed 4x400 M Relay	Timed Finals	15-16, 17-18
	4x400 M Relay	Timed Finals	All Divisions †
5:15pm	~end		

Sunday Field Events – June 28

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	Long 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				

† 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.

Para 100m/200m/400m are the first heat in their age group.

8 athletes qualify for finals in field events.

In individual events, 8 athletes/relay teams qualify from Association to Regional.

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

Mixed Gender Relays: 4x800 and 4x400 relay leg order is boy-girl-boy-girl. 4x100 relay leg order is girl-girl-boy-boy.

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.

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

80/100/110m Hurdles: 30” 11-12G, 11-12B, 13-14G; 33” 15-18G; 36” 13-14B; 39” 15-18B.

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