

TENTATIVE Feb16

**2026 USATF Pacific Northwest Association
Outdoor Track & Field Championships
Combined Events + Steeplechase + Hammer + Race Walk
June 7
West Seattle Stadium, Seattle**



Sunday Combined Events – June 7

10:00am	Pentathlon	13-14B	inside SP	east HJ	36"	100H	SP	HJ	LJ	1500
10:10am	Pentathlon	13-14G	outside SP	west HJ	30"	100H	SP	HJ	LJ	800
10:45am	Pentathlon	11-12B	inside SP	east HJ	30"	80H	SP	HJ	LJ	1500
11:00am	Pentathlon	11-12G	outside SP	west HJ	30"	80H	SP	HJ	LJ	800
12:45pm	Triathlon	09-10B	inside SP	west HJ			SP	HJ		400
12:45pm	Triathlon	09-10G	inside SP	west HJ			SP	HJ		200

09-10G&B: SP & HJ together

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

Sunday Track Events – June 7

11:30am	2000 M Steeplechase	Timed Finals	15-16B/17-18B	36"
11:55am	2000 M Steeplechase	Timed Finals	13-14B	30"
12:15pm	2000 M Steeplechase	Timed Finals	13-14G	30"
12:35pm	2000 M Steeplechase	Timed Finals	15-16G/17-18G	30"
13:05pm	1500 M Race Walk	Timed Finals	09-10G/09-10B/11-12G/11-12B	
13:05pm	3000 M 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.
Be at the water jump when the previous race ends.

Sunday Field Events – June 7

1:30pm	Hammer	15-16B/17-18B			
3:00pm	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.