

2023 USATF Region 13

Junior Olympic Outdoor Track & Field Championships

July 6/7/8/9

Mt. Tahoma HS, Tacoma



Thursday Combined Events – July 6

8:30am*	Heptathlon – Day 1	15-16G	100H HJ SP 200
8:30am*	Heptathlon – Day 1	17-18G	100H HJ SP 200
9:00am	Pentathlon	13-14B	100H SP HJ LJ 1500
9:15am	Pentathlon	13-14G	100H SP HJ LJ 800
10:00am*	Decathlon – Day 1	15-16B	100 LJ SP HJ 400
10:00am*	Decathlon – Day 1	17-18B	100 LJ SP HJ 400
1:00pm	Triathlon	09-10B	SP HJ 400
1:00pm	Triathlon	09-10G	SP HJ 200

Combined Event start times will be optimized after entries close.

* Age group with most athletes will start after the age group with fewer athletes.

Thursday Track Events – July 6

5:30pm	2000 M Steeplechase	Timed Finals	15-16B/17-18B	<i>at Pacific Lutheran Univ.</i>
5:55pm	2000 M Steeplechase	Timed Finals	13-14B	<i>at Pacific Lutheran Univ.</i>
6:10pm	2000 M Steeplechase	Timed Finals	13-14G/15-16G/17-18G	<i>at Pacific Lutheran Univ.</i>

Age groups separated by slashes compete together. Additional races may combine age groups when practical.

In individual events, 5 athletes/relay teams qualify from Regional to National.

In combined events, 2 athletes, plus any athlete that meets the national standard, qualify from Regional to National.

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.

live results at [LIVE.PNTFO.COM](https://live.pntfo.com)

Revision 0 3/13/2023

2023 USATF Region 13

Junior Olympic Outdoor Track & Field Championships

July 6/7/8/9

Mt. Tahoma HS, Tacoma



Friday Combined Events – July 7

8:30am*	Decathlon – Day 2	15-16B	110H DIS PV JAV 1500
8:30am*	Decathlon – Day 2	17-18B	110H DIS PV JAV 1500
8:30am*	Heptathlon – Day 2	15-16G	LJ JAV 800
8:30am*	Heptathlon – Day 2	17-18G	LJ JAV 800
9:30am	Pentathlon	11-12B	80H SP HJ LJ 1500
10:00am	Pentathlon	11-12G	80H SP HJ LJ 800

Combined Event start times will be optimized after entries close.

* Age group with most athletes will start after the age group with fewer athletes.

Friday Track Events – July 7

4:30pm	1500 M Race Walk	Timed Finals	09-10G/09-10B/11-12G/11-12B
4:30pm	3000 M Race Walk	Timed Finals	13-14G/13-14B/15-16G/15-16B/17-18G/17-18B
5:15pm	4x800 M Relay	Timed Finals	11-12G/11-12B/13-14G/13-14B, 15-16G/15-16B/17-18G/17-18B
6:00pm	200 M Dash	Semi-Finals #	All Divisions †

Friday Field Events – July 7

3:00pm	Mini Javelin	09-10G	5:00pm	High Jump	13-14G
3:00pm	Shot Put	13-14G	5:00pm	Long Jump	08&uG (north)
3:00pm	High Jump	13-14B	5:00pm	Long Jump	09-10G (south)
3:00pm	Long Jump	08&uB (north)	6:30pm	Mini Javelin	09-10B
3:00pm	Long Jump	09-10B (south)	7:00pm	Triple Jump	13-14G (north)
4:45pm	Javelin	13-14B	7:00pm	Triple Jump	13-14B (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.

If there are 8 or less 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, 5 athletes/relay teams qualify from Regional to National.

In combined events, 2 athletes, plus any athlete that meets the national standard, qualify from Regional to National.

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.

live results at LIVE.PNTFO.COM

2023 USATF Region 13

Junior Olympic Outdoor Track & Field Championships

July 6/7/8/9

Mount Tahoma HS, Tacoma



Saturday Track Events – July 8			
9:00am	1500 M Run	Timed Finals	08&uG,08&uB,09-10G,09-10B,11-12G,11-12B,13-14G,13-14B,15-16G,15-16B,17-18G,17-18B
10:30am	100 M Dash	Semi-Finals #	All Divisions †
12:00pm	400 M Hurdles	Timed Finals	15-16B, 17-18B, 15-16G, 17-18G
12:30pm	200 M Hurdles	Timed Finals	13-14G, 13-14B
1:30pm	4x100 M Relay	Timed Finals	All Divisions †
2:30pm	400 M Dash	Timed Finals	All Divisions †

Saturday Field Events – July 8					
8:30am	Mini Javelin	08&uB		11:20am	Discus 15-16G
8:30am	Shot Put	09-10B		11:30am	Javelin 13-14G
8:30am	Shot Put	08&uG (circle#2)		11:30am	Shot Put 17-18G
8:30am	High Jump	09-10G		12:30pm	High Jump 17-18B
8:30am	Long Jump	11-12G (north)		1:00pm	Long Jump 11-12B (north)
8:30am	Triple Jump	15-16G (south)		1:00pm	Triple Jump 17-18G (south)
9:30am	Discus	11-12G		1:20pm	Discus 13-14B
9:30am	Pole Vault	13-14G		1:30pm	Aero Javelin 11-12G
9:45am	Aero Javelin	11-12B		1:30pm	Shot Put 15-16B
10:00am	Shot Put	09-10G		1:45pm	Pole Vault 15-16G
10:30am	High Jump	11-12G		2:30pm	High Jump 09-10B
10:30am	Long Jump	15-16B (north)		3:10pm	Discus 11-12B
10:30am	Long Jump	17-18B (south)		3:15pm	Javelin 17-18B
11:15am	Pole Vault	17-18G		3:15pm	Shot Put 13-14B
3:45pm*	Hammer	15-16G	* Hammer start times will be optimized after entries close.	<i>at Pacific Lutheran Univ.</i>	
5:00pm*	Hammer	17-18G		<i>at Pacific Lutheran Univ.</i>	
6:15pm*	Hammer	15-16B		<i>at Pacific Lutheran Univ.</i>	
7:30pm*	Hammer	17-18B		<i>at Pacific Lutheran Univ.</i>	

† 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.

If there are 8 or less runners in a semi-final event, it will be run as a final event.

After the scheduled start of the 100 M Dash, running events may start up to 15 minutes early.

8 athletes qualify for finals in field events.

In individual events, 5 athletes/relay teams qualify from Regional to National.

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.

live results at LIVE.PNTFO.COM

2023 USATF Region 13

Junior Olympic Outdoor Track & Field Championships

July 6/7/8/9

Mount Tahoma HS, Tacoma



Sunday Track Events – July 9			
9:00am	3000 M Run	Timed Finals	11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 17-18G, 15-16B, 17-18B
10:40am	100 M Dash	Finals	All Divisions †
11:25am	80 M Hurdles	Timed Finals	11-12G, 11-12B
11:40am	100 M Hurdles	Timed Finals	13-14G, 13-14B, 15-16G, 17-18G
12:10pm	110 M Hurdles	Timed Finals	15-16B, 17-18B
12:30pm	800 M Run	Timed Finals	All Divisions †
1:45pm	200 M Dash	Finals	All Divisions †
2:45pm	4x400 M Relay	Timed Finals	All Divisions †

Sunday Field Events – July 9						
8:30am	Discus	15-16B		10:45am	Pole Vault	17-18B
8:30am	Shot Put	11-12G		12:15pm	Shot Put	17-18B
8:30am	Shot Put	08&uB (circle#2)		12:20pm	Discus	13-14G
8:30am	High Jump	11-12B		12:20pm	High Jump	15-16G
8:30am	Long Jump	13-14G (north)		12:45pm	Javelin	17-18G
8:30am	Long Jump	15-16G (south)		1:00pm	Triple Jump	15-16B (north)
9:00am	Pole Vault	13-14B		1:00pm	Triple Jump	17-18B (south)
9:30am	Mini Javelin	08&uG		1:15pm	Pole Vault	15-16B
10:15am	Shot Put	15-16G		2:00pm	Shot Put	11-12B
10:20am	Discus	17-18G		2:10pm	Discus	17-18B
10:20am	High Jump	15-16B		2:10pm	High Jump	17-18G
10:30am	Long Jump	13-14B (north)		2:30pm	Javelin	15-16G
10:30am	Long Jump	17-18G (south)				
10:45am	Javelin	15-16B				

† 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.

After the scheduled start of the 100 M Dash, running events may start up to 15 minutes early.

8 athletes qualify for finals in field events.

In individual events, 5 athletes/relay teams qualify from Regional to National.

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.

live results at LIVE.PNTFO.COM