

**2023 USATF Pacific Northwest Association
Outdoor Track & Field Championships
Combined Events + Steeplechase + Hammer + Race Walk
June 11
West Seattle Stadium, Seattle**



Sunday Combined Events – June 11						
9:15am	Pentathlon	13-14B	100H	SP	HJ	LJ 1500
9:35am	Pentathlon	13-14G	100H	SP	HJ	LJ 800
10:00am	Pentathlon	11-12B	80H	SP	HJ	LJ 1500
10:20am	Pentathlon	11-12G	80H	SP	HJ	LJ 800
12:00pm	Triathlon	09-10B	SP	HJ		400
12:00pm	Triathlon	09-10G	SP	HJ		200
Sunday Track Events – June 11						
11:00am	2000 M Steeplechase	Timed Finals	15-16B/17-18B			
11:25am	2000 M Steeplechase	Timed Finals	13-14B			
11:40am	2000 M Steeplechase	Timed Finals	13-14G/15-16G/17-18G			
12:15pm	1500 M Race Walk	Timed Finals	09-10G/09-10B/11-12G/11-12B			
12:15pm	3000 M Race Walk	Timed Finals	13-14G/13-14B/15-16G/15-16B/17-18G/17-18B			
Sunday Field Events – June 11						
1:00pm	Hammer	15-16B/17-18B				
2:40pm	Hammer	15-16G				
3:40pm	Hammer	17-18G				
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.						
Hurdles: 33"- 1314B 30"- 1314G, 1112B, 1112G						
Revision 2 06/08/2023						