

**2017 USATF Pacific Northwest Association
Junior Olympic Outdoor Track & Field Championships
June 23/24/25
Southwest Athletic Complex, Seattle**



Friday Track Events						
5:00pm	1500 M Race Walk	Timed Finals	9-10G/9-10B/11-12G/11-12B			
5:00pm	3000 M Race Walk	Timed Finals	13-14G/13-14B/15-16G/15-16B/17-18G/17-18B			
5:45pm	4x800 M Relay	Timed Finals	11-12G/11-12B/13-14G/13-14B, 15-16G/15-16B/17-18G/17-18B			
6:30pm	200 M Dash	Semi-Finals*	All Divisions†			
Friday Field Events						
4:30pm	Javelin	17-18G		6:40pm	Javelin	15-16B
5:00pm	Triple Jump	15-16B (south)		6:45pm	Triple Jump	15-16G (south)
5:00pm	Long Jump	17-18B (north)		6:45pm	Long Jump	17-18G (north)
5:30pm	Javelin	15-16G		7:40pm	Javelin	17-18B
6:00pm	Hammer	15-16B/17-18B			<i>at West Seattle Stadium</i>	
7:15pm	Hammer	15-16G/17-18G			<i>at West Seattle Stadium</i>	
Saturday Track Events						
8:30am	1500 M Run	Timed Finals	8&uG,8&uB ,9-10G,9-10B,11-12G,11-12B, 13-14G,13-14B,15-16G,15-16B,17-18G,17-18B			
10:00am	100 M Dash	Semi-Finals*	All Divisions†			
11:30am	400 M Hurdles	Timed Finals	15-16B, 17-18B, 15-16G, 17-18G			
12:00pm	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†			
4:00pm	2000 M Steeplechase	Timed Finals	15-16G/17-18G			
4:20pm	2000 M Steeplechase	Timed Finals	15-16B/17-18B			
Saturday Field Events						
8:30am	Shot Put	9-10B (south)		12:00pm	Pole Vault	13-14B
8:30am	High Jump	11-12G		12:45pm	Shot Put	17-18G (south)
8:30am	Long Jump	8&uG (north)		12:45pm	High Jump	15-16G
8:30am	Long Jump	13-14G (south)		1:00pm	Discus	17-18B
9:45am	Shot Put	9-10G (south)		1:00pm	Long Jump	9-10G (north)
10:00am	Discus	11-12B		1:00pm	Long Jump	13-14B (south)
10:00am	High Jump	9-10B		1:30pm	Pole Vault	15-16B/17-18B
10:00am	Pole Vault	13-14G/15-16G/17-18G		2:15pm	Shot Put	15-16B (south)
10:30am	Long Jump	8&uB (north)		2:15pm	High Jump	17-18G
10:30am	Long Jump	11-12B (south)		2:30pm	Discus	15-16G
11:00am	Shot Put	13-14B (south)		3:00pm	Javelin	13-14G
11:00am	High Jump	17-18B		4:00pm	Javelin	13-14B
11:15am	Discus	11-12G				
* If there are 8 or less runners in a semi-final event, it will be run as a final event.						
† The order for "All Divisions" races is: 8&uG, 8&uB, 9-10G, 9-10B, 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 100m prelims & finals, running events may start up to 1 hour early.						

Sunday Track Events					
8:30am	3000 M Run	Timed Finals	11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18G, 17-18B		
10:10am	100 M Dash	Finals	All Divisions†		
11:10am	80 M Hurdles	Timed Finals	11-12B, 11-12G		
11:25am	100 M Hurdles	Timed Finals	13-14G, 13-14B, 15-16G, 17-18G		
11:55am	110 M Hurdles	Timed Finals	15-16B, 17-18B		
12:15pm	800 M Run	Timed Finals	All Divisions†		
1:30pm	200 M Dash	Finals	All Divisions†		
2:30pm	4x400 M Relay	Timed Finals	All Divisions†		
Sunday Field Events					
8:30am	Mini Javelin	9-10G (football field)		12:45pm	Mini Javelin 9-10B (football field)
8:30am	Shot Put	8&uG/8&uB (north)		12:45pm	Shot Put 17-18B (south)
8:30am	Shot Put	11-12B (south)		1:00pm	High Jump 13-14B
8:30am	High Jump	13-14G		1:00pm	Long Jump 15-16G (north)
8:30am	Long Jump	9-10B (north)		1:00pm	Triple Jump 17-18G (south)
8:30am	Long Jump	11-12G (south)		1:15pm	Discus 13-14G
9:45am	Mini Javelin	8&uG/8&uB (football field)		2:00pm	Aero Javelin 11-12G (football field)
9:45pm	Shot Put	13-14G (south)		2:15pm	Shot Put 15-16G (south)
10:00am	Discus	13-14B		2:30pm	Discus 17-18G
10:00am	High Jump	11-12B		2:30pm	High Jump 15-16B
10:30am	Long Jump	15-16B (north)		3:00pm	Triple Jump 13-14G (north)
10:30am	Triple Jump	17-18B (south)		3:00pm	Triple Jump 13-14B (south)
11:00am	Aero Javelin	11-12B (football field)			
11:00am	Shot Put	11-12G (south)			
11:15am	Discus	15-16B			
11:30am	High Jump	9-10G			
† The order for “All Divisions” races is: 8&uG, 8&uB, 9-10G, 9-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18G, 17-18B					
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