

FINAL

**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	4x800 M Relay	Timed Finals	11-12G/11-12B/13-14G/13-14B, 15-16MX/15-16G/15-16B/17-18MX/17-18G/17-18B
5:45pm	200 M Dash	Semi-Finals #	All Divisions †
8:00pm	---end---		

Friday Field Events – June 26

3:00pm	Javelin	17-18B		5:00pm	Javelin	17-18G
3:00pm	Shot Put	13-14G		5:00pm	Triple Jump	15-16G (south)
3:00pm	High Jump	13-14B		5:15pm	High Jump	13-14G
3:00pm	Long Jump	17-18G (north)		5:45pm	Long Jump	17-18B (north)
3:00pm	Triple Jump	15-16B (south)		6:30pm	Shot Put	13-14B
4:45pm	Shot Put	15-16B		6:45pm	Triple Jump	13-14G/13-14B (south)
				7:00pm	Javelin	15-16G

† 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.

Ambulatory 100m/200m/400m are the first heat of their age group.
Wheelchair 100m/200m/400m are the first heat of their entire event.

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.

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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Saturday Track Events – June 27

9:00am	1500 M Run	Timed Finals	All Divisions †
11:00am	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
1:55pm	---break---		
2:25pm	Mixed 4x100 M Relay	Timed Finals	15-16MX,17-18MX
	4x100 M Relay	Timed Finals	All Divisions †
3:15pm	400 M Dash	Timed Finals	All Divisions †
5:00pm	---end---		

Saturday Field Events – June 27

8:30am	Discus	11-12B		12:15pm	Mini Javelin	08&uG
8:30am	Long Jump	08&uB (north)		12:30pm	High Jump	11-12B
8:30am	Long Jump	11-12G (south)		1:30pm	Shot Put	17-18B
8:45am	Javelin	13-14B		1:45pm	Aero Javelin	11-12B
8:45am	Shot Put	09-10G		1:45pm	Discus	15-16B
9:00am	High Jump	09-10B		1:45pm	Pole Vault	15-16G
9:15am	Pole Vault	13-14G		2:00pm	Long Jump	09-10G (north)
10:00am	Discus	15-16G		2:00pm	Triple Jump	17-18G (south)
10:30am	Shot Put	08&uG		2:30pm	High Jump	17-18B
10:30am	High Jump	15-16B		3:15pm	Shot Put	17-18G
10:45am	Aero Javelin	11-12G		3:45pm	Javelin	15-16B
11:15am	Long Jump	09-10B (north)				
11:15am	Pole Vault	17-18G				
11:15am	Triple Jump	17-18B (south)				
11:45am	Discus	13-14B				
11:45am	Shot Put	15-16G				

† 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

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Ambulatory 100m/200m/400m are the first heat of their age group.
Wheelchair 100m/200m/400m are the first heat of their entire event.

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

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

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200/400m Hurdles: 36” 15-16B, 17-18B. 30” 15-16G, 17-18G, 13-14G, 13-14B.

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Sunday Track Events – June 28

9:00am	3000 M Run	Timed Finals	11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 17-18G, 15-16B, 17-18B
10:30am	100 M Dash	Timed Finals	All Divisions †
11:40am	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
12:30pm	---break---		
1:00pm	800 M Run	Timed Finals	All Divisions †
2:45pm	200 M Dash	Timed Finals	All Divisions †
3:50pm	Mixed 4x400 M Relay	Timed Finals	15-16MX,17-18MX
	4x400 M Relay	Timed Finals	All Divisions †
5:00pm	---end---		

Sunday Field Events – June 28

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

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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” 15-16G, 17-18G. 36” 13-14B. 39” 15-16B, 17-18B.

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