



**2008
Junior Olympics
Pacific Northwest Association
Track & Field Championships**
Saturday June 21 and Sunday June 22
SW Community Center/Chief Sealth HS
2801 SW Thistle St
Seattle, WA 98126

Directions: I-5 to W Seattle Bridge/Columbian Way exit
From I-5S take exit 163A. From I-5 N take 163. I-5S keep right at fork onramp 0.27. I-5 N keep left at fork onramp. Merge onto W Seattle Bridge. Go 2.76 M. Turn left onto 35th Ave SW. Go 2.52 M. Turn left onto SW Thistle Str. Go 0.37M

Entries must be received by Thursday, **June 12, 2008**

Cost is \$5.00 per event \$20.00 per relay

Mail to:

Patti Petesch, 100 Dexter Ave N, Seattle, WA 98109

Entries received **after** June 12th will be

\$10.00 per event \$40.00 per relay

Questions (206) 604-6462

Web info: <http://www.pntf.org/youth/>

VERY IMPORTANT: Junior Olympics participation requires a 2008 USATF membership number.

Cost is \$20.00 <http://www.usatf.org/membership/>

Also send a copy of Proof of Age (required) = BCert, Baptismal record, passport, or dshs coupon to Membership chair: 4264 Van Horn Ln, Bellingham, WA 98226

COMBINED EVENTS

Combined Events for Bantam 10&U (Tri \$5.00), Midget 11-12 (Pent \$10.00), & Youth 13-14 (Pent \$10.00) will be hosted at: Yelm HS. Sat. June 29th, 2008.

HS Athletes Combined Events (Age Divisions IB, IG, YM, YW) The Pacific Northwest Association Championships is combining with Washington State HS Combined Events Championships at Lake Stevens HS, May 30 & 31, 2008 hosted by Coach Chris Mattingly

chris_mattingly@lkstevens.wednet.edu. You may participate and register at the HS meet to advance to the JO Regionals Combined Events Championships July 10-11 at Spokane Falls Community College. Participation at Lake Stevens is not required to compete at the regional combined event championships for Intermediate and Young Men/Women. Combined events cost for the hep and dec at regionals is \$20.00. Please include with entry (cash). JO age divisions apply.

Combined Events (Decathlon and Heptathlon) for 15 through 18-year-olds. HS athletes do not need to qualify at the association level but may go directly to regionals upon request on your individual entry form. Cost is \$20.00. J.O. Entry forms are available online at PNTF.org and at the HS Combined Events Championships

Sunday, June 29, 2008 – Yelm, HS

Combined Events: TRI & PENTATHLON 10&U,11-12,13-14
9:30am Pentathlon (100MH,SP,HJ,LJ,1500M) YB
10:00am Pentathlon (100MH,SP,HJ,LJ,800M) YG
10:15am Pentathlon (80MH,SP,HJ,LJ,800M) MG
10:30am Pentathlon (80MH,SP,HJ,LJ,1500M) MB
11:30am Triathlon (SP,HJ,400M) BB
11:45am Triathlon (SP,HJ,200M) BG
Pent = \$ 10.00 Tri = \$5.00

Track & Field Schedule



DIVISIONS	AGE	YR OF BIRTH
Bantam Boys & Girls (BB,BG)	10&Under	1998 & Later
Midget Boys & Girls (MB,MG)	11-12	1996 – 97
Youth Boys & Girl (YB,YG)	13-14	1994 – 95
Intermediate Boys & Girls (IB,IG)	15-16	1992 – 93
Young Men & Women (YM,YW)	17-18	1990 – 91

Plus 18 year olds who do NOT turn 19 before July 28th

Saturday, June 21, 2008

Saturday Track Events

8:30 AM	1500M Racewalk	Timed Final	BG,BB,MG,MG
8:30	3000M Racewalk	Timed Final	YG,YB,IG,YW
8:30	3000M Racewalk	Timed Final	IB,YM
9:00	1500M	Timed Final	All Divisions
10:15	100M	Semi Final	All Divisions
11:15	400H 36"	Timed Final	IB,YM
11:30	400H 30"	Timed Final	IG,YW
11:40	200H 30"	Timed Final	YG, YB
11:50	4x100 Relay	Timed Final	All Divisions
1:00	400M	Timed Final	All Divisions
2:00	4x800 Relay	Timed Final	MG,MB,YG,YB,IG,IB,YW,YM
2:45	200M	Semi Final	All Divisions
3:45	Steeplechase	Timed Final	IG,YW,IB,YM

Saturday Field Events

SP	MB	8:30	HJ	MG	8:30
	YG	10:00		BB	10:00
	MG	11:30		BG	11:30
	BG	1:00		MB	1:00
	BB	2:30		YG	2:30
DISC	MG	8:30	LJ	BG	8:30 Pit B
	MB	10:00		YG	8:30 Pit A
	YB	1:00		YB	10:00 Pit B
JAV	BB turbo	8:30		IB	11:30 Pit B
	MB turbo	10:00		IG	11:30 Pit A
	YB	11:30		BB	1:00 Pit B
	MG turbo	1:00		MG	2:30 Pit A
	BG turbo	2:30	TJ	YG	10:00 Pit A
PV	YB,IB,YM	9:00		IB	1:00 Pit A
	YG,IG,YW	12:00		YM	2:30 Pit B

****Note: Hammer will be contested @ West Seattle Stadium**

HAM	IG,YW	10:00
	IB,YM	12:00

If 8 or less runners show for semi-final events they will be run as Finals at the semi-final time. After the meet starts events may run up to 1 hour early.

Sunday, June 22, 2008

Sunday Track Events

8:30 AM	5000M	Timed Final	YM
9:00 AM	3000 M	Timed Final	MB, MG, YB, YG, IB, IG, YW
9:45 AM	100M	Final	All Divisions
11:00 AM	80H 30"	Timed Final	MB, MG
11:10 AM	100H 30"	Timed Final	YG
11:20 AM	100H 33"	Timed Final	YB, IG, YW
11:30 AM	110H 39"	Timed Final	IB, YM
11:45 AM	800m	Timed Final	All Divisions
1:00 PM	200M	Final	All Divisions
1:45 AM	4x400 Relay	Timed Final	All Divisions

Sunday Field Events

SP	YM	8:30	LJ	YW	8:30 Pit A
	YW	10:00		YM	10:00 Pit A
	IG	10:00		MB	11:30 Pit B
	YB	11:30	TJ	YB	8:30 Pit B
	IB	1:00		IG	10:00 Pit B
DISC	IB	8:30		YW	11:30 Pit A
	YG	10:00	HJ	YM	8:30
	IG	11:30		YB	10:00
	YW	11:30		IB	11:30
	YM	1:00		IG	1:00
JAV	YG	8:30		YW	1:00
	YW	8:30			
	IB	10:00			
	YM	11:30			
	IG	1:00			

Field Event implements will be provided by Meet Management.

Top 5 places may advance to Regionals –
-Saturday July 12 - Sunday July 13th
Spokane Falls Comm College
Spokane, WA

YOU MUST REGISTER FOR REGIONALS BEFORE LEAVING THE ASSOCIATION MEET

\$6.00 per event for regionals.

Please be prepared with cash for regional entries. NO Checks.

**Are you looking at a personal date conflict with the qualifying dates of JO's???? If you think you will have a conflict with this year's dates for Junior Olympics qualifiers you will have to make a choice. There are only two procedures that can be applied to bypass a qualifying round of JO's.

Directly out of the rule book: Rule 305.2a&b

1. An athlete can miss the Association Championship but not the regional championship because of participation in a USATF cultural exchange.
2. Athletes can miss the Association and Regional meets if they are competing in the Junior National Championships or World Youth championships.

These exceptions must be worked out with the regional coordinator at least two weeks prior to the competition. Contact: Char email - cengelhardt@juno.com