

USATF Pacific Northwest Association
 Junior Olympic Track and Field Championships
 Saturday and Sunday June 26-27, 2010
 SW Athletic Complex

Schedule of Events

Saturday, June 26, 2010

Track Events

8:30am	1500M Rwalks	TF	BG,BB,MG,MG
8:30	3000M Rwalks	TF	YG,YB,IG,YW
8:30	3000M Rwalks	TF	IB,YM
9:00	1500M	TF	All Divisions
10:35	100M	Semi	All Divisions
11:35	400H 36"	TF	IB,YM
11:50	400H 30"	TF	IG,YW
12:00	200H 30"	TF	YG,YB
12:10	4X100 Relay	TF	All Divisions
1:35	400M	TF	All Divisions
2:45	4x800 Relay	TF	MG,MB,YG,YB,IG,IB,YW,YM
3:15	200M	Semi	All Divisions
4:30	Steeplechase	TF	IG,YW,IB,YM

Saturday Field Events

SP	MB	8:30B	LJ	BG	8:30 B
	YG	8:30A		YB	8:30 A
	YB	10:00B		MB	10:00B
	SBB	10:00A		YM	10:00A
	BB	11:30A		SBB	11:30B
	SBG	11:30B		MG	11:30A
	BG	1:00A		SBG	1:00A
	MG	1:00B		YW	1:00B
	IB	2:30B		YG	2:30A
	YW	2:30A		IB	4:00A
DISC	YW	8:30	HJ	MG	8:30
	MG	10:00		BG	10:00
	YB	1:00		YB	11:30
	YM	2:30		BB	1:00
JAV	BB turbo	8:30		MB	2:30
	YG	10:00	TJ	IG	2:30B
	MB turbo	11:30			
	IB	1:00	PV	YB,IB,YM	9:00
	MG turbo	2:30		YG,IG,YW	12:00
	BG turbo	4:00			

****Note:** Hammer will be conducted @ West Seattle Stadium.

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

TF = Timed Final Semi = Final to follow

- If 8 or less runners show for semi-final events they will be run as Finals at the preliminary event time. After the meet starts events may run up to one hour ahead of the printed schedule.
- All day of race registration will close one hour prior to the event start. No Exceptions
- Seeding will be by times submitted on the entry form. No changes will be made if the athlete does not place the time on the entry form.

Sunday, June 27, 2010

Track Events

8:30am	5000M	TF	YM
9:00	3000 M	TF	MB,MG,YB,YG,IB,IG,YW
10:20	100M	Final	All Divisions
11:10	80H 30"	TF	MB,MG
11:30	100H 30"	TF	YG
11:40	100H 33"	TF	YB,IG,YW
12:00	110H 39"	TF	IB,YM
12:15	800M	TF	All Divisions
1:30	200M	Final	All Divisions
2:30	4 x 400R	TF	All Divisions

Sunday Field Events

SP	IG	10:00	LJ	IG	11:30A
	YM	1:00		BB	1:00B
DISC	IB	8:30	TJ	YB	8:30A
	MB	10:00		YM	8:30B
	IG	1:00		YG	10:00A
	YG	2:30		YW	10:00B
JAV	IG	8:30		IB	11:30B
	YM	10:00	HJ	YG	8:30
	YB	11:30		IB	10:00
	YW	1:00		YM	11:30
				IG	1:00
				YW	2:30