

**USATF- Pacific Northwest Association
2013 Junior Olympic Championship Time Schedule**

	Saturday	Track Events	
8:30am	1500 M Race Walk	Timed Finals	9-10G, 9-10B, 11-12G, 11-12B
8:30am	3000 M Race Walk	Timed Finals	13-14G, 13-14B, 15-16G, 17-18W
8:30am	3000 M Race Walk	Time Finals	15-16B, 17-18YM
9:00am	1500 M Run	Time Finals	All Divisions (youngest – oldest)
10:30am	100 M Dash	Semi Finals *	All divisions (youngest – oldest)
12:15pm	200M/400M Hurdles	Timed Finals	15-16B, 17-18M, 15-16G, 17-18W, 13-14G, 13-14B
1:00pm	4x100 M Relay	Timed Finals	All Divisions (youngest – oldest)
2:00pm	400 M Dash	Timed Finals	All Divisions (youngest – oldest)
3:20pm	4x800 M Relay	Timed Finals	11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18W, 17-18M
4:10pm	200M Dash	Semi Finals *	All Divisions (youngest – oldest)
4:45pm	Steeple Chase	Timed Finals	15-16G, 17-18W, 15-16B, 17-18M
	Saturday	Field Events	
8:30am	Shot Put	13-14G – Pit A	11-12B – Pit B
8:30am	Discus	17-18W	
8:30am	Long Jump	13-14B – Pit A	9-10G – Pit B
8:30am	High Jump	11-12G	
8:30am	Turbo Javelin	9-10B	
9:00am	Pole Vault	13-14B, 15-16B, 17-18M	
10:00am	Shot Put	13-14B – Pit A	7-8B – Pit B
10:00am	Discus	11-12G	
10:00am	Long Jump	17-18M – Pit A	11-12B – Pit B
10:00am	High Jump	9-10G	
10:00am	Javelin	13-14G	
10:00am	Hammer	15-16G, 17-18W	Contested @West Seattle Stadium
11:30am	Shot Put	9-10B – Pit A	7-8G – Pit B
11:30am	Long Jump	15-16B – Pit A	11-12G – Pit B
11:30am	High Jump	13-14B	
11:30am	Turbo Javelin	11-12B	
Noon	Pole Vault	13-14G, 15-16G, 17-18W	
Noon	Hammer	15-16B, 17-18M	Contested @West Seattle Stadium
1:00pm	Shot Put	9-10G – Pit A	11-12G – Pit B
1:00pm	Discus	13-14B	
1:00pm	Long Jump	17-18W – Pit A	7-8G – Pit B
1:00pm	High Jump	9-10B	
1:00pm	Javelin	15-16B	
2:30pm	Shot Put	17-18W – Pit A	15-16B – Pit B
2:30pm	Discus	17-18M	
2:30pm	Long Jump	13-14G – Pit B	
2:30pm	Triple Jump	15-16G – Pit A	

2:30pm	High Jump	11-12B	
2:30pm	Turbo Javelin	11-12G	
3:30pm	Turbo Javelin	9-10G	
4:00pm	Long Jump	7-8B – Pit A	
	Sunday	Track Schedule	
8:30am	3000 M Run	Timed Finals	11-12B, 11-12G, 13-14B, 13-14G, 15-16B, 15-16G, 17-18M, 17-18W
10:10am	100 M Dash	Finals	All Division (youngest – oldest)
11:10am	80-110M Hurdles	Timed Finals	11-12B, 11-12G, 13-14G, 13-14B, 15-16G, 17-18W, 15-16B, 17-18M
12:15pm	800 M Run	Timed Finals	All Divisions (youngest-oldest)
1:30pm	200 M Dash	Finals	All Divisions (youngest-oldest)
2:30pm	4x400 M Relay	Timed Finals	All Division (youngest-oldest)
	Sunday	Field Events	
8:30am	Discus	15-16B	
8:30am	Triple Jump	17-18M – Pit A	13-14B – Pit B
8:30am	High Jump	13-14G	
8:30am	Javelin	15-16G	
10:00am	Shot Put	15-16G	
10:00am	Discus	11-12B	
10:00am	Triple Jump	17-18W – Pit A	13-14G – Pit B
10:00am	High Jump	15-16B	
10:00am	Javelin	17-18M	
11:30am	Discus	15-16G	
11:30am	Long Jump	15-16G – Pit A	
11:30am	Triple Jump	15-16B – Pit B	
11:30am	High Jump	17-18M	
11:30am	Javelin	13-14B	
1:00pm	Shot Put	17-18M	
1:00pm	Discus	13-14G	
1:00pm	Long Jump	9-10B	
1:00pm	High Jump	15-16G	
1:00pm	Javelin	17-18W	
2:00pm	Javelin	7-8G, 7-87B	
2:30pm	High Jump	17-18W	

- **If there are 8 or less runners in a semi-final event, it will be run as a final event.**