

**2016 USATF Region 13
Junior Olympic Outdoor Track & Field Championships
July 7/8/9/10
Southwest Athletic Complex, Seattle**



Thursday Combined Events			
8:30am	Decathlon – Day 1	15-16B/17-18B	100 LJ SP HJ 400
9:00am	Pentathlon	13-14G	100H SP HJ LJ 800
10:00am	Heptathlon – Day 1	15-16G/17-18G	100H HJ SP 200
10:15am	Pentathlon	13-14B	100H SP HJ LJ 1500
Friday Combined Events			
8:30am	Decathlon – Day 2	15-16B/17-18B	110H DIS PV JAV 1500
9:00am	Pentathlon	11-12G	80H SP HJ LJ 800
9:15am	Pentathlon	11-12B	80H SP HJ LJ 1500
10:00am	Heptathlon – Day 2	15-16G/17-18G	LJ JAV 800
11:30am	Triathlon	09-10B	SP HJ 400
11:30am	Triathlon	09-10G	SP HJ 200
Friday Track Events			
4:00pm	2000 M Steeplechase	Timed Finals	15-16G/17-18G
4:20pm	2000 M Steeplechase	Timed Finals	15-16B/17-18B
Friday Field Events			
4:00pm	Hammer	15-16G/17-18G	<i>at West Seattle Stadium</i>
5:00pm	Hammer	15-16B/17-18B	<i>at West Seattle Stadium</i>

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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/15-16B/17-18G/17-18B
9:00am	1500 M Run	Timed Finals	All Divisions†
10:00am	100 M Dash	Semi-Finals*	All Divisions†
12:00pm	400 M Hurdles	Timed Finals	15-16B, 17-18B, 15-16G, 17-18G
12:30pm	200 M Hurdles	Timed Finals	13-14G, 13-14B
1:00pm	4x100 M Relay	Timed Finals	All Divisions†
2:00pm	400 M Dash	Timed Finals	All Divisions†
3:20pm	4x800 M Relay	Timed Finals	11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18G, 17-18B
4:10pm	200 M Dash	Semi-Finals*	All Divisions†

Saturday Field Events						
8:30am	Shot Put	8&uG/8&uB (south)		12:30pm	Discus	11-12B/13-14B
8:30am	High Jump	11-12G		12:30pm	Long Jump	9-10G (north)
8:30am	Long Jump	13-14B (north)		12:30pm	Long Jump	17-18G (south)
8:30am	Long Jump	13-14G (south)		1:00pm	Javelin	13-14G
10:00am	Discus	11-12G/13-14G		1:00pm	Shot Put	17-18G (south)
10:00am	Javelin	17-18B		1:00pm	High Jump	9-10B
10:00am	Shot Put	9-10B (south)		1:30pm	Pole Vault	15-16B/17-18B
10:00am	High Jump	9-10G		2:30pm	Javelin	13-14B
10:00am	Pole Vault	13-14B		2:30pm	Shot Put	15-16B (south)
10:30am	Long Jump	8&uG (north)		2:30pm	High Jump	15-16G/17-18G
10:30am	Long Jump	17-18B (south)		2:30pm	Long Jump	11-12G (north)
11:30am	Javelin	15-16B		2:30pm	Triple Jump	15-16B (south)
11:30am	Shot Put	9-10G (south)		4:00pm	Javelin	15-16G/17-18G
11:30am	High Jump	11-12B		4:00pm	Shot Put	17-18B (south)
12:00pm	Pole Vault	15-16B/17-18B		4:30pm	Long Jump	11-12B (north)
				4:30pm	Triple Jump	15-16G (south)

* 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.

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

† 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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