

USATF- Pacific Northwest Association
2014 Junior Olympic Championship Time Schedule

	Friday	Field Events	
5:30pm	Hammer	15-16G	
5:30pm	Hammer	17-18G	
6:30pm	Hammer	15-16B	
6:30pm	Hammer	17-18B	
6:30pm	Steeple	G	
6:45pm	Steeple	B	
	Saturday	Track Events	
8:30am	1500 M Racewalk	Timed Finals	9-10G, 9-10B, 11-12G, 11-12B
8:30am	3000 M Racewalk	Timed Finals	13-14G, 13-14B, 15-16G, 17-18W
8:30am	3000 M Racewalk	Timed Finals	15-16B, 17-18YM
9:00am	1500 M Run	Timed Finals	All Divisions (youngest – oldest)
10:00am	100 M Dash	Semi Finals*	All divisions (youngest – oldest)
Noon	200/400 M Hurdles	Timed Finals	15-16B, 17-18M, 15-16G, 17-18W, 13-14G, 13-14B
1:00pm	4x100 M Relay	Times 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	200 M Dash	Semi Finals*	All Divisions (youngest – oldest)
	Saturday	Field Events	
8:30am	Shot Put	8G/B (lower)	
8:30am	Long Jump	9-10G (south)	
8:30am	High Jump	11-12G	
8:30am	Shot Put	13-14G (upper)	
8:30am	Long Jump	13-14B (north)	
8:30am	Javelin	15-16/17-18G	
10:00am	High Jump	9-10G	
10:00am	Shot Put	9-10B (lower)	
10:00am	Pole Vault	13-14G	
10:00am	Shot Put	13-14B (upper)	
10:00am	Pole Vault	15-16G	
10:00am	Pole Vault	17-18G	
10:00am	Javelin	17-18B	
10:30am	Long Jump	11-12B (south)	
10:30am	Long Jump	17-18B (north)	
11:30am	Shot Put	9-10G (lower)	
11:30am	Discus	11-12B	
11:30am	High Jump	13-14B	
11:30am	Shot Put	15-16G (upper)	
11:30am	Javelin	15-16B	
Noon	Pole Vault	13-14B	
12:30pm	Long Jump	8G (north)	
12:30pm	Long Jump	11-12G (south)	
1:00pm	High Jump	15-16/17-18G	
1:00pm	Shot Put	11-12G (lower)	
1:00pm	Discus	13-14B	
1:00pm	Shot Put	15-16B (upper)	
1:00pm	Pole Vault	15-16B	
1:00pm	Pole Vault	17-18B	

1:00pm	Javelin	13-14G	
2:30pm	Shot Put	11-12B (lower)	
2:30pm	High Jump	9-10B	
2:30pm	Triple Jump	15-16B (south)	
2:30pm	Long Jump	17-18G (north)	
2:30pm	Shot Put	17-18G (upper)	
4:00pm	Discus	11-12G	
4:00pm	Shot Put	17-18B (upper)	
4:30pm	Long Jump	13-14G (north)	
4:30pm	Triple Jump	15-16G (south)	
	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	80-110 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 Division (youngest – oldest)
1:30pm	200 M Dash	Finals	All Division (youngest – oldest)
2:30pm	4x400 M Relay	Timed Finals	All Division (youngest – oldest)
	Sunday	Field Events	
8:30am	Javelin	8G	
8:30am	Long Jump	8B (north)	
8:30am	Javelin	8B	
8:30am	High Jump	11-12B	
8:30am	Triple Jump	13-14G (south)	
8:30am	Discus	13-14G	
8:30pm	Javelin	13-14B	
10:00am	Javelin	9-10B	
10:00am	High Jump	13-14G	
10:00am	Discus	15-16B	
10:30am	Long Jump	9-10B (north)	
10:30am	Triple Jump	13-14B (south)	
11:30am	Javelin	9-10G	
11:30am	Discus	15-16G	
11:30am	High Jump	15-16B	
11:30am	High Jump	17-18B	
12:30pm	Long Jump	15-16G (north)	
12:30pm	Triple Jump	17-18G (south)	
1:00pm	Javelin	11-12B	
1:00pm	Javelin	13-14G	
1:00pm	Discus	17-18G	
2:30pm	Javelin	11-12G	
2:30pm	Long Jump	15-16B (north)	
2:30pm	Triple Jump	17-18B (south)	
2:30pm	Discus	17-18B	

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