

**USATF Pacific Northwest Association
2011 Association Track and Field Championships**

**Time Schedule
Saturday, June 25, 2011**

Track Events

8:30	1500M RW	TF	BG,BB,MG.MG
8:30	3000M RW	TF	YG,YB,IG,YW
8:30	3000M RW	TF	IB,YM
9:00	1500M	TF	All Divisions
10:30	100M	Semi	All Divisions
12:15	400H 36"	TF	IB,YM
12:30	400H 30"	TF	IG,YW
12:40	200H 30"	TF	YG,YB
1:00	4X100 Relay	TF	All Divisions
2:00	400M	TF	All Divisions
3:20	4x800 Relay	TF	MG,MB,YG,YB,IG,IB,YW/M
4:10	200M	Semi	All Divisions
4:45	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		IB	11:30B
	SBG	11:30B		MG	11:30A
	BG	1:00A		SBG	1:00B
	MG	1:00B		YW	1:00A
	IB	2:30B		YG	2:30A
	YW	2:30A		SBB`	4:30B
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	9:00
	MG turbo	2:30		IB	9:00
	BG turbo	3:30		YM	9:00
				YG	12:00
				IG	12:00
				YW	12:00

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

HA	IG,YW	10:00
M		
	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 ahead of the printed schedule..

Sunday, June 26, 2011

Track Events

8:30	3000 M	TF	MB, MG, YB, YG, IB, IG, YW/M
10:10	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 400MR	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
	SBG/B	2:00		IG	1:00
				YW	2:30