

**USATF- Pacific Northwest Association
2012 Junior Olympic Championship Time Schedule**

	Saturday	Track Events	
8:30am	1500 M Race Walk	Timed Finals	BG, BB, MG, MB
8:30am	3000 M Race Walk	Timed Finals	YG, YB, IG, YW
8:30am	3000 M Race Walk	Time Finals	IB, YM
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	IB, YM, IG, YW, YG, YB
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	MG, MB, YG, YB, IG, IB, YW, YM
4:10pm	200M Dash	Semi Finals *	All Divisions (youngest – oldest)
4:45pm	Steeple Chase	Timed Finals	IG, YW, IB, YM
	Saturday	Field Events	
8:30am	Shot Put	YG – Pit A	MB – Pit B
8:30am	Discus	YW	
8:30am	Long Jump	YB – Pit A	BG – Pit B
8:30am	High Jump	MG	
8:30am	Turbo Javelin	BB	
9:00am	Pole Vault	YB, IB, YM	
10:00am	Shot Put	YB – Pit A	SBB – Pit B
10:00am	Discus	MG	
10:00am	Long Jump	YM – Pit A	MB – Pit B
10:00am	High Jump	BG	
10:00am	Javelin	YG	
10:00am	Hammer	IG, YW	Contested @West Seattle Stadium
11:30am	Shot Put	BB – Pit A	SBG – Pit B
11:30am	Long Jump	IB – Pit A	MG – Pit B
11:30am	High Jump	YB	
11:30am	Turbo Javelin	MB	
Noon	Pole Vault	YG, IG, YW	
Noon	Hammer	IB, YM	Contested @West Seattle Stadium
1:00pm	Shot Put	BG – Pit A	MG – Pit B
1:00pm	Discus	YB	
1:00pm	Long Jump	YW – Pit A	SBG – Pit B
1:00pm	High Jump	BB	
1:00pm	Javelin	IB	
2:30pm	Shot Put	YW – Pit A	IB – Pit B
2:30pm	Discus	YM	
2:30pm	Long Jump	YG – Pit B	
2:30pm	Triple Jump	IG – Pit A	
2:30pm	High Jump	MB	
2:30pm	Turbo Javelin	MG	
3:30pm	Turbo Javelin	BG	

4:00pm	Long Jump	SBB – Pit A	
	Sunday	Track Schedule	
8:30am	3000 M Run	Timed Finals	MB, MG, YB, YG, IB, IG, YM, YW
10:10am	100 M Dash	Finals	All Division (youngest – oldest)
11:10am	80-110M Hurdles	Timed Finals	MB, MG, YG, YB, IG, YW, IB, YM
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	IB	
8:30am	Triple Jump	YM – Pit A	YB – Pit B
8:30am	High Jump	YG	
8:30am	Javelin	IG	
10:00am	Shot Put	IG	
10:00am	Discus	MB	
10:00am	Triple Jump	YW – Pit A	YG – Pit B
10:00am	High Jump	IB	
10:00am	Javelin	YM	
11:30am	Discus	IG	
11:30am	Long Jump	IG – Pit A	
11:30am	Triple Jump	IB – Pit B	
11:30am	High Jump	YM	
11:30am	Javelin	YB	
1:00pm	Shot Put	YM	
1:00pm	Discus	YG	
1:00pm	Long Jump	BB	
1:00pm	High Jump	IG	
1:00pm	Javelin	YW	
2:00pm	Javelin	SBG, SBB	
2:30pm	High Jump	YW	

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