

## Friday, June 11

### Distance Festival

Open Women's 3000m Steeplechase	7:00 PM
Open Men's 3000m Steeplechase	7:15 PM
High School Distance Medley Relay	7:30 PM
Open Women's 5000m	7:50 PM
Open Men's 5000m [Heat 1]	8:10 PM

## Saturday, June 12

### Age-Group Running Events

Running events will progress from youth age groups to masters and then open categories. Heats will be combined at the discretion of the clerk.

3000m	9:00 AM
4 X 100m Relay	9:30 AM
1500m	10:10 AM
400m [Timed finals except for Middle School prelim]	10:50 AM
100m	11:50 AM
80m Hurdles	12:50 PM
100m Hurdles	1:00 PM
110m Hurdles	1:20 PM
800m	1:30 PM
2000m Steeplechase	2:10 PM
200m	2:40 PM
4 X 400m Relay	3:30 PM

### Field Events

Long Jump [Sub Bantam followed by Bantam]	10:00 AM
Shot Put [Bantam followed by Midget]	10:00 AM
Discus [Midget]	10:00 AM
Long Jump [Midget followed by Youth]	11:00 AM
Turbo-Javelin [Bantam followed by Midget]	11:00 AM
Pole Vault	11:00 AM
High Jump [Sub Bantam Followed by Bantam]	12:00 PM
Long Jump [Intermediate, Young, Masters, Open]	12:00 PM
Triple Jump	1:00 PM
High Jump [Midget followed by Youth]	1:00 PM
High Jump [Intermediate, Young, Masters, Open]	2:00 PM

### Throws Festival

Open, Masters and High School Throws at Concordia University	2:00 PM
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### Middle Distance Festival

All-Corners Prediction Mile	5:30 PM
Open 800	5:50 PM
Middle School 400m Finals	6:00 PM
Middle School Girls' 1500	6:10 PM
Middle School Boys' Mile	6:20 PM
High School Boys' Mile - Heat Two	6:30 PM
Masters Women's 3000	6:40 PM
Masters Men's Mile	7:00 PM
Open Women's 1500	7:10 PM
Open Men's Mile	7:20 PM
High School Girls' Two Mile	7:30 PM
High School Boys' Mile	7:45 PM
Open Men's 5000 [Heat 2]	8:00 PM



[www.portlandtrack.org/festival](http://www.portlandtrack.org/festival)

**Lewis and Clark College**  
0615 SW Palatine Hill Road  
Portland, Oregon 97219

**Concordia University Throws Center**  
9140 NE Sunderland Avenue  
Portland, Oregon 97211

### Register at DirectAthletics.com

Online Registration Closes Tuesday, June 8

Registration Adjustments can be made at Lewis and Clark between 8-9am on Saturday, June 12.