

2023 USATF Region 16
Junior Olympic Track & Field Championship
 July 6th through 9th
 Mt Hood Community College - Gresham, OR

THURSDAY COMBINED EVENTS - JULY 6

8:30AM*	Heptathlon - Day 1	15-16G	100H HJ SP 200
8:30AM*	Heptathlon - Day 1	17-18G	100H HJ SP 200
9:00AM	Pentathlon	13-14B	100H SP HJ LJ 1500
9:15AM	Pentathlon	13-14G	100H SP HJ LJ 800
10:00AM*	Decathlon - Day 1	15-16B	100 LJ SP HJ 400
10:00AM*	Decathlon - Day 1	17-18B	100 LJ SP HJ 400
1:00PM*	Triathlon	9-10G	SP HJ 200
1:00PM*	Triathlon	9-10B	SP HJ 400

*Age group with fewer athletes will start first, followed by age group with more athletes.

THURSDAY TRACK EVENTS - JULY 6

5:30PM	2000M Steeplechase	Final	15-16B/17-18B
5:50PM	2000M Steeplechase	Final	13-14B
6:10PM	2000M Steeplechase	Final	13-14G/15-16G/17-18G

Age groups separated by a slash / will run together when practical.

In individual events, top five (5) athletes/relays advance from Region to the National.

In individual events, top two (2) athletes plus any athlete who meets the national standard advance from Region to the National.

Athletes with both a track and a field event contested at the same time are NEVER required to stay in the clerking tent. After check-in, the athlete may return to their field event, but it is the athlete's responsibility to return to the clerks tent or start line in time for their race.

Results at [Live.TF](https://www.live.tf)

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FRIDAY COMBINED EVENTS - JULY 7					
8:30AM*	Decathlon - Day 2	15-16B	110H DISC PV JAV 1500		
8:30AM*	Decathlon - Day 2	17-18B	110H DISC PV JAV 1500		
9:30AM	Pentathlon	11-12B	80H SP HJ LJ. 1500		
10:00AM	Pentathlon	11-12G	80H SP HJ LJ. 1500		
10:00AM*	Heptathlon - Day 2	13-14G	LJ JAV 800		
10:00AM*	Heptathlon - Day 2	13-14G	LJ JAV 800		
*Age group with fewer athletes will start first, followed by age group with more athletes.					
FRIDAY TRACK EVENTS - JULY 7					
4:30PM	1500M Race Walk	Final	9-10G/9-10B/11-12G/11-12B		
4:30PM	3000M Race Walk	Final	13-14G/13-14B/15-16G/15-16G/17-18G/17-18B		
5:15PM	4X800M Relay	Final	11-12G/13-14G/15-16G/17-18G		
5:35PM	4X800M Relay	Final	11-12B/13-14B/15-16B/17-18B		
6:00PM	200M Dash	Semi-Final	All Divisions^		
FRIDAY FIELD EVENTS - JULY 7					
3:00PM	Mini Javelin	09-10G	4:45PM	Javelin	13-14B
3:00PM	Shot Put (Ring 1)	13-14G	5:00PM	High Jump	14-14G
3:00PM	High Jump	13-14B	5:00PM	Long Jump (North)	08&uG
3:00PM	Long Jump (North)	08&uB	5:00PM	Long Jump (South)	09-10G
3:00PM	Long Jump (South)	09-10B	6:30PM	Mini Javelin	09-10B
			7:00PM	Triple Jump	13-14G
3:00PM*	Hammer	15-16G	7:00PM	Triple Jump	13-14B
4:20PM*	Hammer	17-18G			
5:40PM*	Hammer	15-16B	*Hammer times will be optimized once. entries close.		
7:00PM*	Hammer	17-18B			
^ The order for All Divisions races are: 08&uG, 08&uB, 09-10G, 09-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18G, 17- Age groups separated by a slash / will run together when practical.					
If there are 8 or fewer runners in a semi-final event, it will be run as a final event.					
8 athletes qualify for the finals in field events					
In individual events, 5 athletes/relay teams qualify from Regionals to Nationals					
In individual events, top two (2) athletes plus any athlete who meets the national standard advance from Region to the National.					
Athletes with both a track and a field event contested at the same time are NEVER required to stay in the clerking tent. After check-in, the athlete may return to their field event, but it is the athlete's responsibility to return to the clerks tent or start line in time for their race.					
Results at Live.TF					

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SATURDAY TRACK EVENTS - JULY 8					
9:00AM	1500M Run	Final	All Divisions^		
10:30AM	100M	Semi-Final	All Divisions^		
12:00PM	400M Hurdles	Final	15-16G, 17-18G, 15-16B, 17-18B		
12:30PM	200M Hurdles	Final	13-14G, 13-14B		
1:30PM	4x100M Relay	Final	All Divisions^		
2:30PM	400M Dash	Final	All Divisions^		
SATURDAY FIELD EVENTS - JULY 8					
8:30AM	Mini Javelin	08&uB	11:20AM	Discus	15-16G
8:30AM	Shot Put (Ring 1)	09-10B	11:30AM	Javelin	13-14G
8:30AM	Shot Put (Ring 2)	08&uG	11:30AM	Shot Put (Ring 1)	17-18G
8:30AM	High Jump	09-10G	12:30PM	High Jump	17-18B
8:30AM	Long Jump (North)	11-12G	1:00PM	Long Jump (North)	11-12B
8:30AM	Triple Jump (South)	15-16G	1:00PM	Triple Jump (South)	17-18G
9:30AM	Discus	11-12G	1:20PM	Discus	13-14B
9:30AM	Pole Vault	13-14G	1:30PM	Aero Javelin	11-12G
9:45AM	Aero Javelin	11-12B	1:30PM	Shot Put (Ring 1)	15-16B
10:00AM	Shot Put (Ring 2)	09-10G	1:45PM	Pole Vault	15-16G
10:30AM	High Jump	11-12G	2:30PM	High Jump	09-19B
10:30AM	Long Jump (North)	15-16B	3:10PM	Discus	11-12B
10:30AM	Long Jump (South)	17-18B	3:15PM	Javelin	17-18B
11:15AM	Pole Vault	17-18G	3:15PM	Shot Put (Ring 1)	13-14B
<p>^ The order for All Divisions races are: 08&uG, 08&uB, 09-10G, 09-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18G, 17-18B Age groups separated by a slash / will run together when practical.</p> <p>If there are 8 or fewer runners in a semi-final event, it will be run as a final event.</p> <p>8 athletes qualify for the finals in field events</p> <p>In individual events, 5 athletes/relay teams qualify from Regionals to Nationals</p> <p>In individual events, top two (2) athletes plus any athlete who meets the national standard advance</p> <p>Athletes with both a track and a field event contested at the same time are NEVER required to stay in</p>					
Results at Live.TF					

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SUNDAY TRACK EVENTS - JULY 9					
9:00AM	3000M Run	Final	11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B,		
10:40AM	100M	Final	All Divisions^		
11:25AM	80M Hurdles	Final	11-12G, 11-12B		
11:40AM	100M Hurdles	Final	13-14G, 13-14B, 15-16G, 17-18G		
12:10PM	110M Hurdles	Final	15-16-B, 17-18B		
12:45PM	800M Run	Final	All Divisions^		
1:50PM	200M Dash	Final	All Divisions^		
2:45PM	4X400M Relay	Final	All Divisions^		
SUNDAY FIELD EVENTS - JULY 9					
8:30AM	Discus	15-16B	10:45AM	Pole Vault	17-18B
8:30AM	Shot Put (Ring 1)	11-12G	12:15PM	Shot Put (Ring 1)	17-18B
8:30AM	Shot Put (Ring 2)	08&uB	12:20PM	Discus	13-14G
8:30AM	High Jump	11-12B	12:20PM	High Jump	15-16G
8:30AM	Long Jump (North)	15-16G	12:45PM	Javelin	17-18G
8:30AM	Long Jump (South)	17-18G	1:00PM	Long Jump (North)	13-14G
9:00AM	Pole Vault	13-14B	1:00PM	Triple Jump (South)	17-18B
9:30AM	Mini Javelin	08&uG	1:15PM	Pole Vault	15-16B
10:15AM	Shot Put (Ring 1)	15-16G	2:00PM	Shot Put (Ring 1)	11-12B
10:20AM	Discus	17-18G	2:10PM	High Jump	17-18G
10:20AM	High Jump	15-16B	2:30PM	Discus	17-18B
10:30AM	Long Jump (North)	13-14B	2:30PM	Javelin	15-16B
10:30AM	Triple Jump (South)	15-16B			
10:45AM	Javelin	15-16G			
^ The order for All Divisions races are: 08&uG, 08&uB, 09-10G, 09-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18G, 17-18B Age groups separated by a slash / will run together when practical. If there are 8 or fewer runners in a semi-final event, it will be run as a final event. 8 athletes qualify for the finals in field events In individual events, 5 athletes/relay teams qualify from Regionals to Nationals In individual events, top two (2) athletes plus any athlete who meets the national standard advance Athletes with both a track and a field event contested at the same time are NEVER required to stay in					
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Track Events	Boys Entries / Heats		Girls Entries / Heats		Total Heats
1500	16	1	4	1	2
100	33	5	19	3	8
400	15	2	11	2	4
High Hurdles	10	2	16	2	4
800	14	2	8	1	3
200	26	4	23	3	7
400 Hurdles	7	1	14	2	3
3000	9	1	4	1	1

Field Events	Boys Entries / Flights		Girls Entries / Flights	
Shot	18	2	9	1
Disc	19	2	7	1
Jav	13	1	6	1
HJ	5	1	5	1
PV	21	1	12	1
LJ	19	2	9	1
TJ	10	1	9	1