



2026 USATF Oregon Association Junior Olympic Track and Field Championships

Mt. Hood Community College

Saturday 6/13		Hammer Throw			
8:00 am	Hammer	15-16	Girls & Boys	Girls: 4kg	Boys: 12lb
Follows	Hammer	17-18	Girls & Boys	Girls: 4kg	Boys: 12lb

- This event will be held in conjunction with the Amity Throws meet at Amity High School, 503 Oak St. Amity, OR 97101.
- The registration deadline for this event is 7:30am, Saturday 6/13/2026.
- Top eight (8) placers in field events advance to Regionals.

Thursday 6/25		Combined Events						
8:30 am	Decathlon – Day 1	15-16 / 17-18	Boys	100m	LJ	SP (12lb)	HJ	400m
9:30 am	Heptathlon – Day 1	15-16 / 17-18	Girls	100m H (33")	HJ	SP (4kg)	200m	
10:00 am	Pentathlon	13-14	Girls	100m H (30")	SP (6lb)	HJ	LJ	800m
10:05 am	Pentathlon	13-14	Boys	100m H (36")	SP (4kg)	HJ	LJ	1500m
12:00 pm	Triathlon	9-10	Girls	SP (6lb)	HJ	200m		
12:05 pm	Triathlon	9-10	Boys	SP (6lb)	HJ	400m		

- Combined event start times may be optimized after entries close.
- Age divisions separated by slashes (/) will compete together.
- Top five (5) placers in combined events advance to Regionals.

Thursday 6/25		Field Events				
3:00 PM	Javelin	8U Girls (Mini Jav, 300g) – North*		4:00 PM	Javelin	9-10 Boys (Aero Jav, 250g) – South*
3:00 PM	Javelin	8U Boys (Mini Jav, 300g) – South*		5:00 PM	Javelin	11-12 Girls (Aero Jav – 450g) – North*
4:00 PM	Javelin	9-10 Girls (Aero Jav, 250g) – North*		5:00 PM	Javelin	11-12 Boys (Aero Jav – 450g) – South*

- Eight (8) athletes qualify for finals in field events.
- Top eight (8) placers in field events advance to Regionals.
- * Both the north and south javelin runways will be used simultaneously for these javelin events.

Friday		6/26		Combined Events				
7:30 AM	Pentathlon	11-12	Girls	80m H (30")	SP (6lb)	HJ	LJ	800m
7:35 AM	Pentathlon	11-12	Boys	80m H (30")	SP (6lb)	HJ	LJ	1500m
8:00 AM	Decathlon – Day 2	15-16 / 17-18	Boys	110m H (39")	DISC (1.6kg)	PV	JAV (800g)	1500m
9:30 AM	Heptathlon – Day 2	15-16 / 17-18	Girls	LJ	JAV (600g)	800m		

- Combined event start times may be optimized after entries close.
- Age divisions separated by slashes (/) will compete together.
- Top five (5) placers in combined events advance to Regionals.

Friday		6/26		Track Events		
2:00 PM	2000m Steeplechase	Timed Finals	13-14	Girls	30" barriers	
2:20 PM	2000m Steeplechase	Timed Finals	15-16, 17-18	Girls	30" barriers	
2:40 PM	2000m Steeplechase	Timed Finals	13-14	Boys	30" barriers	
3:00 PM	2000m Steeplechase	Timed Finals	15-16, 17-18	Girls	36" barriers	

- The first track event will not begin before 2:00 PM. . After this time, running events may start up to 30 minutes early.
- Athletes with both a track and a field event at the same time are not required to stay in the clerking tent. Field event athletes may check-out of their event to check-in at the clerking tent. They may then return to their field event, but it is the athlete's responsibility to return to the tent or starting line in time for their race.
- Top eight (8) finishers / relay teams in track events advance to Regionals.
- ^ All divisions include: 8U, 9-10, 11-12, 13-14, 15-16, and 17-18; within the same division, girls run first, then boys (e.g., 8U girls then 8U boys, followed by 9-10 girls then 9-10 boys, etc.)

Friday		6/26		Field Events		
8:00 AM	High Jump	9-10 Girls – West*		1:15 PM	Pole Vault	13-14 Girls
8:00 AM	High Jump	9-10 Boys – East*		2:30 PM	Javelin	13-14 Boys (600g)
1:00 PM	Javelin	13-14 Girls (600g)		2:30 PM	Long Jump	9-10 Girls – North**
1:00 PM	Long Jump	8U Girls – North**		2:30 PM	Long Jump	9-10 Boys – South**
1:00 PM	Long Jump	8U Boys – South**		3:00 PM	Pole Vault	13-14 Boys

- Eight (8) athletes qualify for finals in field events.
- Top eight (8) placers in field events advance to Regionals.
- * Both the east and west high jump mats will be used simultaneously for these high jump events.
- ** Both the north and south jumping events will share the same runway for these long jump events.

Saturday 6/27		Track Events			
8:00 AM	3000m	Timed Finals	11-12, 13-14, 15-16, 17-18		Girls / Boys**
10:00 AM	100m	Semi-Finals	All Divisions^		
11:30 AM	400m Hurdles	Timed Finals	15-16, 17-18	Girls	30"
11:45 AM	400m Hurdles	Timed Finals	15-17, 17-18	Boys	36"
12:00 PM	200m Hurdles	Timed Finals	13-14	Girls	30"
12:05 PM	200m Hurdles	Timed Finals	13-14	Boys	30"
12:15 PM	4x100m Relay	Timed Finals	All Divisions^		
1:15 PM	400m	Timed Finals	All Divisions^ (including para athletes competing first*)		
2:30 PM	4x800m Relay	Timed Finals	11-12 / 13-14, 15-16 / 17-18	Girls, Boys	
3:30 PM	100m	Finals	All Divisions^ (including para athletes competing first*)		
4:00 PM	4x100m Mixed Gender Relay	Timed Finals	15-16, 17-18	Coed	World Athletics Order boy-girl-boy-girl
4:15 PM	4x800m Mixed Gender Relay	Timed Finals	15-16, 17-18	Coed	World Athletics Order boy-girl-boy-girl
4:45 PM	4x400m Mixed Gender Relay	Timed Finals	15-16, 17-18	Coed	World Athletics Order boy-girl-boy-girl
<p>- The first track event begins at 8:00 AM. After this time, running events may start up to 30 minutes early.</p> <p>- Age divisions separated by slashes (/) will compete together. Additional age divisions may be combined when practical.</p> <p>- Athletes with both a track and a field event at the same time are not required to stay in the clerking tent. Field event athletes may check-out of their event to check-in at the clerking tent. They may then return to their field event, but it is the athlete's responsibility to return to the tent or starting line in time for their race.</p> <p>- Top eight (8) finishers / relay teams in track events advance to Regionals.</p> <p>^ All divisions include: 8U, 9-10, 11-12, 13-14, 15-16, and 17-18; within the same division, girls run first, then boys (e.g., 8U girls then 8U boys, followed by 9-10 girls then 9-10 boys, etc.)</p> <p>* 400m and 100m finals include para athletes that will be contested as the first heat followed by all age divisions</p> <p>** Race walk events will combine the listed age divisions with girls and boys competing together.</p>					

Saturday 6/27		Field Events				
8:00 AM	Javelin	15-16 Girls (600g)		12:30 PM	Javelin	17-18 Boys (800g)
8:00 AM	High Jump	17-18 Girls		12:30 PM	High Jump	15-16 Girls
8:30 AM	Shot Put	9-10 Boys (6lb) – North*		1:00 PM	Long Jump	13-14 Girls – North**
8:30 AM	Shot Put	13-14 Girls (6lb) – South*		1:00 PM	Long Jump	15-16 Boys – South**
8:30 AM	Long Jump	11-12 Boys – North**		1:00 PM	Pole Vault	15-16 Boys
8:30 AM	Long Jump	17-18 Girls – South**		1:30 PM	Shot Put	8U Girls (2kg) – North*
9:30 AM	Javelin	15-16 Boys (800g)		1:30 PM	Shot Put	8U Boys (2kg) – South*
10:00 AM	High Jump	17-18 Boys		2:30 PM	High Jump	15-16 Boys
10:00 AM	Pole Vault	15-16 Girls		2:30 PM	Discus	11-12 Boys (1kg)
10:30 AM	Shot Put	9-10 Girls (6lb) – North*		3:00 PM	Long Jump	11-12 Girls – North**
10:30 AM	Long Jump	13-14 Boys – North**		3:00 PM	Long Jump	17-18 Boys – South**
10:30 AM	Long Jump	15-16 Girls – South**		3:00 PM	Shot Put	13-14 Boys (4kg) – North*
11:00 AM	Javelin	17-18 Girls (600g)		3:30 PM	Shot Put	11-12 Girls (6lb) – South*
11:00 AM	Shot Put	11-12 Boys – South*		4:00 PM	Discus	17-18 Girls (1kg)
<p>- Eight (8) athletes qualify for finals in field events.</p> <p>- Top eight (8) placers in field events advance to Regionals.</p> <p>* Both shot put rings will be used simultaneously for these shot put events.</p> <p>** Both the north and south jumping events will share the same runway for these long jump events.</p>						

Sunday 6/28		Track Events			
7:00 AM	10k Race Walk	Timed Finals	Open/Masters Championships**		
8:30 AM	1500m Race Walk	Timed Finals	9-10, 11-12	Girls, Boys	
9:00 AM	3000m Race Walk	Timed Final	13-14, 15-16, 17-18 Girls, Boys		
9:30 AM	200m	Semi-Finals	All Divisions^		
11:15 AM	1500m Run	Timed Finals	All Divisions		
1:15 PM	80m Hurdles	Timed Finals	11-12	Girls, Boys	30"
1:25 PM	100m Hurdles	Timed Finals	13-14	Girls	30"
1:35 PM	100m Hurdles	Timed Finals	15-16, 17-18	Girls	33"
1:40 PM	100m Hurdles	Timed Finals	13-14	Boys	36"
1:55 PM	110m Hurdles	Timed Finals	15-16, 17-18	Boys	39"
2:15 PM	800m†	Timed Finals	All Divisions^		
3:40 PM	200m	Finals	All Divisions^ (including para athletes competing first*)		
4:30 PM	4×400m Relay	Timed Finals	All Divisions^		

- The first two track events begin at 7:00 AM and 8:30 AM respectively. After the 3000m event, running events may start up to 30 minutes early.

- Age divisions separated by slashes (/) will compete together. Additional age divisions may be combined when practical.

- Athletes with both a track and a field event at the same time are not required to stay in the clerking tent. Field event athletes may check-out of their event to check-in at the clerking tent. They may then return to their field event, but it is the athlete's responsibility to return to the tent or starting line in time for their race.

- Top eight (8) finishers / relay teams in track events advance to Regionals.

^ All divisions include: 8U, 9-10, 11-12, 13-14, 15-16, and 17-18; within the same division, girls run first, then boys (e.g., 8U girls then 8U boys, followed by 9-10 girls then 9-10 boys, etc.)

* 200m finals include para athletes that will be contested as the first heat followed by all age divisions

** The 10k race walk is the Oregon Association Open/Masters Championship and will be combined into one heat.

† 800m races will start with a one-turn staggered start and runners cut-in at the break line for all divisions, except for 8U and 9-10 divisions which will use a waterfall start.

Sunday 6/28		Field Events				
8:00 AM	Discus	13-14 Boys (1kg)		10:30 AM	Shot Put	17-18 Boys (12lb) – South*
8:30 AM	Triple Jump	17-18 Girls – North**		11:00 AM	Discus	11-12 Girls
8:30 AM	Triple Jump	13-14 Girls – South**		12:00 PM	Triple Jump	17-18 Boys – North**
8:30 AM	High Jump	11-12 Girls		12:00 PM	Triple Jump	13-14 Boys – South**
9:00 AM	Pole Vault	17-18 Boys		12:00 PM	Pole Vault	17-18 Girls
9:00 AM	Shot Put	15-16 Girls (4kg) – North*		12:00 PM	Shot Put	Para (Rule 307.4(f) [pg. 186]) – South
9:00 AM	Shot Put	15-16 Boys (12lb) – South*		12:00 PM	High Jump	13-14 Girls
9:30 AM	Discus	15-16 Boys (1.6kg)		12:30 PM	Discus	15-16 Girls (1kg)
10:00 AM	High Jump	11-12 Boys		2:00 PM	Discus	13-14 Girls (1kg)
10:15 AM	Triple Jump	15-16 Girls – North**		2:00 PM	High Jump	13-14 Boys
10:15 AM	Triple Jump	15-16 Boys – South**		3:30 PM	Discus	17-18 Boys (1.6kg)
10:30 AM	Shot Put	17-18 Girls (4kg) – North*				

- Eight (8) athletes qualify for finals in field events.

- Top eight (8) placers in field events advance to Regionals.

* Both shot put rings will be used simultaneously for these shot put events.

** Both the north and south jumping events will share the same runway for these triple jump events.