

**2022 USATF Northwest Region Masters Outdoor T&F Championships
 2022 USATF Pacific Northwest Association Masters & Open Championships
 The Patti Petesch Seattle Parks Masters Preview Meet
 Seattle Masters Classic**

FINAL SCHEDULE

Track		Throws	
8:45 AM	M/W19-89 5000 m Race Walk	8:30 AM	M/W19-89 Javelin
9:30 AM	M/W19-89 5000 m	10:00 AM	M30-89 Discus
10:05 AM	W19-89 100 m	10:00 AM	W19-89 Shot Put
10:10 AM	M19-94 100 m	11:15 AM	W30-89 Discus
10:20 AM	M/W19-89 1500 m	11:15 AM	M19-89 Shot Put
10:30 AM	W19-74 400 m	12:30 PM	M/W19-89 Hammer
10:35 AM	M19-89 400 m	2:00 PM	M/W19-89 Weight
10:50 AM	M75 80 Short Hurdles	3:00 PM	M19-89 Super Weight
10:55 AM	W19-39 100 Short Hurdles		
10:55 AM	M50-69 100 Short Hurdles	Jumps	
11:05 AM	M19-49 110 Short Hurdles	10:00 AM	M/W19-89 Long Jump
11:10 AM	W19-89 4 x 100 m Relay	11:00 AM	M/W19-89 Pole Vault
11:15 AM	M19-89 4 x 100 m Relay	11:45 AM	M/W19-89 Triple Jump
11:20 AM	W19-79 800 m	12:30 PM	M/W19-94 High Jump
11:25 AM	M19-89 800 m		
11:30 AM	W19-89 200 m		
11:35 AM	M19-89 200 m		
11:45 AM	W19-89 4 x 400 m Relay		
11:50 AM	M19-89 4 x 400 m Relay		
12:00 PM	M/W19-59 400 Long Hurdles		
12:10 PM	M60-79 300 Long Hurdles		
12:30 PM	M/W45-79 2000 m Steeplechase		