

## Final Schedule of Events

2023 USATF Northwest Region Masters Outdoor T&F Championships

2023 USATF Pacific Northwest Association Masters & Open Championships

The Patti Petesch Seattle Parks Masters Preview Meet

Seattle Masters Classic

We will run a floating schedule: Events may run ahead of scheduled time; athletes should report to the stadium 90 minutes before event schedule

	<b>TRACK</b>
8:45 AM	M&W 19-89 5000 Meter Run
9:45 AM	M70-79 80m Short Hurdles
9:45 AM	W40 80m Short Hurdles
9:45 AM	M85 80m Short Hurdles
9:45 AM	M55 100m Short Hurdles
9:45 AM	M30-49 110m Short Hurdles
10:30 AM	M&W 19-89 5000 Meter Race Walk
11:15 AM	M85 200m Long Hurdles
11:15 AM	M70-79 300m Long Hurdles
11:15 AM	M19-59 400m Long Hurdles
12:00 AM	W19-79 100 Meter Dash
12:05 PM	M19-89 100 Meter Dash
12:30 PM	M&W 50-84 1500 Meter Run
12:45 PM	W19-74 400 Meter Dash
12:50 PM	M19-89 400 Meter Dash
1:00 PM	W19-89 4x100 Meter Relay
1:00 PM	M19-89 4x100 Meter Relay
1:30 PM	M&W 19-89 800 Meter Run
1:45 PM	W19-79 200 Meter Dash
1:50 PM	M19-89 200 Meter Dash
2:35 PM	M60-89 2000 Meter Steeplechase
2:55 PM	W19-89 4x400 Meter Relay
2:55 PM	M19-89 4x400 Meter Relay

	<b>THROWS</b>
8:30 AM	M19-79 Javelin Throw
8:30 AM	M80-89 Discus Throw
8:30 AM	W20-89 Discus Throw
10:15 AM	M30-79 Discus Throw
10:15 AM	W35-69 Javelin Throw
10:15 AM	M80-89 Javelin Throw
12:00 PM	M50-79 Hammer Throw
12:00 PM	W35-69 Shot Put
12:00 PM	M80-89 Shot Put
1:30 PM	M35-79 Shot Put
1:30 PM	W19-69 Hammer Throw
1:30 PM	M80-89 Hammer Throw
3:00 PM	M&W 19-89 Weight Throw
4:00 PM	M&W 19-89 Super Weight

	<b>JUMPS</b>
10:00 AM	M&W 19-89 Long Jump
11:00 AM	M&W 30-79 Pole Vault
12:00 PM	M&W 19-89 Triple Jump
12:00 PM	M&W 30-79 High Jump