

**2026 NW Region Masters Championships
2026 PNW Association Championships
Friday 6/19/2026 to Saturday 6/20/2026**

West Seattle Stadium

Friday 6/19/2026

2:00 PM	M/W50-84 Weight Throw
3:15 PM	M/W19-84 Super Weight
4:30 PM	M/W35-84 Hammer

Shoreline Stadium

Saturday 6/20/2026

THROWS

8:30 AM	M/W25-89 Javelin
10:00 AM	M25-69 Shot Put
10:00 AM	M70-89 Discus
10:00 AM	W30-74 Discus
11:30 AM	W30-84 Shot Put
11:30 AM	M70-89 Shot Put
11:30 AM	M30-69 Discus

TRACK

8:45 AM	M/W55-84 5000 m Race Walk
9:30 AM	M/W50-84 5000 m
10:00 AM	W19-84 100 m
10:10 AM	M19-89 100 m
10:25 AM	M/W45-89 1500 m
10:35 AM	W19-74 400 m
10:40 AM	M19-84 400 m
10:50 AM	M19-89 4M/W100 m Relay
10:55 AM	W19-89 4M/W100 m Relay
11:00 AM	W30-69 800 m
11:05 AM	M50-84 800 m
11:10 AM	W19-84 200 m
11:15 AM	M19-89 200 m
11:30 AM	W19-89 4M/W400 m Relay
11:35 AM	M19-89 4M/W400 m Relay

JUMPS

10:00 AM	M/W19-89 Long Jump
12:00 PM	M/W19-84 Pole Vault
12:00 PM	M/W19-89 Triple Jump
12:00 PM	M/W30-89 High Jump