



2023 Pine Cone Track & Field Classic
Whitworth University
June 17, 2023



FINAL schedule

All changes will be posted on the meet website:

<https://www.parasportspokane.org/pineconeclassic.html>

Track (10:00am Start)

10:00am 5,000m

11:00am Futures Fun
Challenge

11:15am 1,500m

11:45am 100m

12:30pm 800m

1:15pm 200m

1:45pm 400m

ParaSport Futures Fun Challenge
60m / Ball Throw / Turbo Jav

Field (9:30am Start)

9:30am Long Jump
(combined)
Seated Discus - (2 pits)
Seated Javelin / Club
-will follow disc

10:30am Ambulatory/Open Javelin
(Combined)

2:00pm Ambulatory /Open Discus
(Combined)
Seated Shot - (2 pits)

3:30pm Ambulatory / Open Shot
(Combined)

Notes:

All field athletes will get 6 attempts.

Track athletes check in 15 minutes prior to race time

Field athletes check in at event 20 minutes prior

NO PETS- Only service dogs allowed on Whitworth Campus

*The time schedule will be adhered to as closely as possible.

Follow Live Results:

