

# 2025 USATF REGION 4 JUNIOR OLYMPIC TRACK & FIELD CHAMPIONSHIPS

**July 03-06, 2025**

**Florence Sports Complex, Florence, SC**



Advancement to the finals in the 100,200,400, short hurdles, and long hurdles events shall be in accordance with Rule 303.1(h) in the [USATF Competition Rules](#).

All starting blocks and relay batons are provided. Do not bring your own.

## Age Divisions Guide:

7-8G	7-8 Year Old Girls
7-8B	7-8 Year Old Boys
9-10G	9-10 Year Old Girls
9-10B	9-10 Year Old Boys
11-12G	11-12 Year Old Girls
11-12B	11-12 Year Old Boys
13-14G	13-14 Year Old Girls
13-14B	13-14 Year Old Boys
15-16G	15-16 Year Old Girls
15-16B	15-16 Year Old Boys
17-18G	17-18 Year Old Women*
17-18M	17-18 Year Old Men*

\* Note: 18 year-old athletes must still be 18 on the last day of the USATF National Junior Olympic Championships.

Check the USATF South Carolina website (<http://usatfsc.org>) daily for schedule revisions. This is particularly true in the case of schedule changes due to inclement weather.

**NOTE: ANY TRIAL RUNNING EVENT WITH 8 OR LESS ENTRANTS WILL BE RUN AS A FINAL THE DAY OF TRIAL EVENT.**

\*\*\* Events can run up to 30 minutes ahead of schedule \*\*\*

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*Note: All implements must be checked in no later than 1 hour before the scheduled event.*



**THURSDAY, July 3, 2025**  
**Schedule of Events**



**Combined Events**

**9:00 AM** 15-16G & 17-18W **Heptathlon (Day 1)**

100m Hurdles (33")  
High Jump  
Shot Put (4kg)  
200m Dash

**9:15 AM** 13-14G **Pentathlon**

100m Hurdles (30" (G))  
Shot Put (6lb)  
High Jump  
Long Jump  
800m (G)

**9:45 AM** 13-14B **Pentathlon**

100m Hurdles (33" (B))  
Shot Put (4kg)  
High Jump  
Long Jump  
1500m (B) Run

**10:00 AM** 15-16B & 17-18M **Decathlon (Day 1)**

100m Dash  
Long Jump  
Shot Put (12lb)  
High Jump  
400m Dash

**12:15 PM** 9-10G **Triathlon**

Shot Put (6lb)  
High Jump  
200m (G)

**13:00 PM** 9-10B **Triathlon**

Shot Put (6lb)  
High Jump  
400m (B) Dash

**13:30 AM** 11-12B **Pentathlon**

80m Hurdles (30")  
Shot Put (6lb)  
High Jump  
Long Jump  
1500m (B) Run

**14:00 AM** 11-12G **Pentathlon**

80m Hurdles (30")  
Shot Put (6lb)  
High Jump  
Long Jump  
800m (G)

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**Friday, July 04, 2025**  
**Schedule of Events**



**Combined Events:**

**9:00 AM** 15-16B & 17-18M *Dec (Day 2)*  
110m Hurdles (39")  
Discus Throw (1.6kg)  
Pole Vault  
Javelin Throw (800g)  
1500m Run

**9:00 AM** 15-16G, 17-18W *Hep (Day 2)*  
Long Jump  
Javelin Throw (600g)  
800m Run

**Track Events:**

**09:30 AM** 2000m Steeplechase  
15-16G & 17-18W (30")  
15-16B & 17-18M (36")

**10:00 AM** 4x100m Relay Finals  
All Age Groups

**11:30 AM** 200m Dash Qualifying  
All Age Groups

**12:30 PM** 800m Run Finals  
All Age Groups

**3:00 PM** Mixed Gender Relays (15-16, 17-18)  
4 x 100 (15-16, then 17-18)  
4 x 400 (15-16, then 17-18)  
4 x 800 (15-16, then 17-18)

**4:00 PM** 3000m Racewalk Finals  
13-14G/B, 15-16G/B, 17-18W/M

**5:00 PM** 1500m Racewalk Finals  
9-10G/B, 11-12G/B

**Field Events**

**Pole Vault**

**1:00 PM** 13-14G [Open: 1.75m]  
**4:00 PM** 13-14B [Open: 2.25m]

**Long Jump**

**11:00 AM** 8&UB (Pit #1)  
**2:00 PM** 8&UG (Pit #1)

**Shot Put**

**1:00 PM** 13-14B (4kg)  
**2:30 PM** 11-12B (6lb)

**Hammer Throw**

**1:00 PM** 15-16G (4kg) & 17-18W (4kg)  
**2:30 PM** 15-16B (12lb) & 17-18M (12lb)

**Javelin Throw**

**12:30 PM** 8&UG (250g Aero, Runway #1)  
**2:00 PM** 8&UB (250g Aero, Runway #2)  
**3:30 PM** 9-10G (250g Aero, Runway #1)  
**5:00 PM** 9-10B (250g Aero g, Runway #2)

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Saturday, July 05, 2025

Schedule of Events

Track Events:

<b>8:00 AM</b>	3000m Run Finals	11-12G/B, 13-14G/B, 15-16G/B, 17-18W/M
<b>9:45 AM</b>	Short Hurdle	
	110m (39")	15-16B (Q), 17-18M (Q)
(Q) : Qualifier		13-14B (F), 15-16G (Q),
(F) : Final	100m (33")	17-18W (Q)
	100m (30")	13-14G (Q)
	80m (30")	11-12G (F), 11-12B (F)
<b>11:00 AM</b>	400m Dash Qualifying	All Age Groups
<b>1:00 PM</b>	100m Dash Qualifying	All Age Groups
<b>2:30 PM</b>	4x800m Relay	11-12G/B, 13-14G/B, 15-16G/B, 17-18W/M
<b>3:00 PM</b>	Long Hurdle Qualifying	
	200m (30")	13-14G, 13-14B
	400m (30")	15-16G, 17-18W
	400m (36")	15-16B, 17-18M

Field Events:

Long Jump

<b>9:00 AM</b>	15-16B (Pit #1)
<b>9:00 AM</b>	9-10G (Pit #2)
<b>10:30 AM</b>	9-10B (Pit #1)
<b>12:00 PM</b>	13-14B (Pit #1)
<b>1:30 PM</b>	17-18M (Pit #1)
<b>3:00 PM</b>	11-12B (Pit #1)
<b>3:00 PM</b>	11-12G (Pit #2)

Triple Jump

<b>10:30 AM</b>	13-14G (Pit #2)
<b>12:00 PM</b>	15-16G (Pit #2)
<b>1:30 PM</b>	17-18W (Pit #2)

Shot Put

<b>9:00 AM</b>	17-18M (12lb)
<b>10:30 AM</b>	15-16B (12lb)
<b>12:00 PM</b>	8&UG (2kg)
<b>1:30 PM</b>	8&UB (2kg)
<b>3:00 PM</b>	11-12G (6lb)
<b>4:15 PM</b>	13-14G (6lb)

Discus Throw

<b>9:00 AM</b>	15-16G (1kg)
<b>10:30 AM</b>	17-18W (1kg)
<b>12:00 PM</b>	11-12G (1kg)
<b>1:30 PM</b>	11-12B (1kg)

Javelin Throw

<b>9:00 AM</b>	13-14G (600g)
<b>10:30 AM</b>	13-14B (600g)
<b>12:00 PM</b>	15-16G (600g)
<b>1:30 PM</b>	17-18W (600g)

Field Events:

High Jump

<b>8:00 AM</b>	17-18W [Open: 1.31m]
<b>9:30 AM</b>	11-12G [Open: 1.06m]
<b>11:30 AM</b>	17-18M [Open: 1.58m]
<b>12:30 PM</b>	11-12B [Open: 1.08m]
<b>2:30 PM</b>	13-14B [Open: 1.31m]

Pole Vault

<b>10:00 AM</b>	15-16G [Open: 1.91m]
<b>1:00 PM</b>	15-16B [Open: 3.15m]

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**Sunday July 06, 2025**  
**Schedule of Events**



**Track Events:**

- 8:00 AM** 1500m Run Finals (All Divisions)
- 10:00 AM** Short Hurdles Finals (All Divisions)
- 10:45 AM** 100m Dash Finals (All Divisions)
- 11:30 AM** 400m Dash Finals (All Divisions)
- 12:45 PM** 200m Hurdles Finals (All Divisions)
- 12:55 PM** 400m Hurdles Finals (All Divisions)
- 1:15 PM** 200m Dash Finals (All Division)
- 2:15 PM** 4x400m Relay Finals (All Divisions)

**Field Events:**

**Long Jump**

- 8:30 AM** 13-14G (Pit #1)
- 10:30 AM** 15-16G (Pit #1)
- 12:30 PM** 17-18W (Pit #1)

**Triple Jump**

- 8:30 AM** 17-18M (Pit #2)
- 10:00 AM** 15-16B (Pit #2)
- 11:30 AM** 13-14B (Pit #2)

**Pole Vault**

- 9:00 AM** 17-18W [Open: 2.28m]
- 11:30 AM** 17-18M [Open: 3.46m]

**Field Events:**

**High Jump**

- 8:30 AM** 15-16B [Open: 1.43m]
- 10:00 AM** 9-10B [Open: 0.88m]
- 11:00 AM** 9-10G [Open: 0.86m]
- 12:00 AM** 15-16G [Open: 1.23m]
- 1:30 PM** 13-14G [Open: 1.20m]

**Shot Put**

- 8:30 AM** 15-16G (4kg)
- 10:00 AM** 17-18W (4kg)
- 11:30 AM** 9-10B (6lb)
- 1:00 PM** 9-10G (6lb)

**Discus Throw**

- 8:30 AM** 17-18M (1.6kg)
- 10:00 AM** 15-16B (1.6kg)
- 11:30 AM** 13-14B (1kg)
- 1:00 PM** 13-14G (1kg)

**Javelin Throw**

- 8:30 AM** 11-12G (450g)
- 10:00 AM** 11-12B (450g)
- 11:30 AM** 17-18M (800g)
- 1:00 PM** 15-16B (800g)

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## Opening Heights - Verticals



Opening Heights for High Jump and Pole Vault are defined by USATF.

### 2025 USATF Competition Rules

#### Rule 302.5(o):

In the National Youth Athletics Championship and the National Junior Olympics Championship the starting heights in the High Jump and Pole Vault shall be 10cm and 30cm, respectively, below the Youth Outdoor Performance Standard established by the Youth Athletics Division at the USATF Annual Meeting. In the Regional Junior Olympics Championships the starting heights in the High Jump and Pole Vault shall be 20cm and 60cm, respectively, below the Youth Outdoor Performance Standard. Increment increases in all stated Championships shall be 5cm in the High Jump and 15cm in the Pole Vault.

### Boys / Men

	High Jump		Pole Vault	
	Standard	Opening Height	Standard	Opening Height
8UB	-	-	-	-
9-10B	1.08m	0.88m	-	-
11-12B	1.28m	1.08m	-	-
13-14B	1.51m	1.31m	2.68m	2.08m
15-16B	1.63m	1.43m	3.75m	3.15m
17-18M	1.78m	1.58m	4.06m	3.46m

### Girls / Women

	High Jump		Pole Vault	
	Standard	Opening Height	Standard	Opening Height
8UB	-	-	-	-
9-10G	1.06m	0.86m	-	-
11-12G	1.26m	1.06m	-	-
13-14G	1.40m	1.20m	2.41m	1.81m
15-16G	1.43m	1.23m	2.51m	1.91m
17-18W	1.51m	1.31m	2.88m	2.28m

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