



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 ***

Note: Calls may or may not be made. Athletes must pay attention

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July 03-06, 2025

Florence Sports Complex, Florence, SC



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	12:15 PM	9-10G Triathlon Shot Put (6lb) High Jump 200m (G)
9:15 AM	13-14G Pentathlon 100m Hurdles (30") (G)) Shot Put (6lb) High Jump Long Jump 800m (G)	1:00 PM	9-10B Triathlon Shot Put (6lb) High Jump 400m (B) Dash
9:45 AM	13-14B Pentathlon 100m Hurdles (33") (B)) Shot Put (4kg) High Jump Long Jump 1500m (B) Run	1:30 PM	11-12B Pentathlon 80m Hurdles (30") Shot Put (6lb) 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	2:00 PM	11-12G Pentathlon 80m Hurdles (30") Shot Put (6lb) High Jump Long Jump 800m (G)

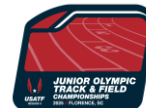
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July 03-06, 2025

Florence Sports Complex, Florence, SC



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) (G,G,B,B)
4 x 400 (15-16, then 17-18) (B,G,B,G)
4 x 800 (15-16, then 17-18) (B,G,B,G)

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]

Shot Put

1:00 PM 13-14B (4kg)

2:30 PM 11-12B (6lb)

Long Jump

11:00 AM 8&UB (Pit #1)

2:00 PM 8&UG (Pit #1)

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 (300g Mini Jav, Runway #2)

2:00 PM 8&UB (300g Mini Jav, Runway #2)

3:30 PM 9-10G (300g Mini Jav, Runway #1)

5:00 PM 11-12B (300g Mini Jav, Runway #1)

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2025 USATF REGION 4 JUNIOR OLYMPIC TRACK & FIELD CHAMPIONSHIPS

July 03-06, 2025

Florence Sports Complex, Florence, SC



Saturday, July 05, 2025

Schedule of Events



Track Events:

8:00 AM	3000m Run Finals	11-12G/B, 13-14G/B, 15-16G/B, 17-18W/M
9:45 AM	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)
11:00 AM	400m Dash Qualifying	All Age Groups
1:00 PM	100m Dash Qualifying	All Age Groups
2:30 PM	4x800m Relay	11-12G/B, 13-14G/B, 15-16G/B, 17-18W/M
3:00 PM	Long Hurdle Qualifying	
	200m (30")	13-14G, 13-14B
	400m (30")	15-16G, 17-18W
	400m (36")	15-16B, 17-18M

Field Events:

High Jump

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

Pole Vault

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

Field Events:

Long Jump

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

Triple Jump

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

Shot Put

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

Discus Throw

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

Javelin Throw (Runway #1)

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

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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 (Runway #1)

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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