



# 2025 USATF Region4 Junior Olympic Track & Field Championships



Thursday - Sunday, July 03-06, 2025

Florence Sports Complex  
1200 Jennie O'Bryan Avenue  
Florence, SC 29501



## AGE DIVISIONS & ELIGIBILITY REQUIREMENTS:

### Age Divisions

8 & under (born 2017 +)
9 - 10 (born 2015-2016)
11 - 12 (born 2013-2014)
13 - 14 (born 2011-2012)
15 - 16 (born 2009-2010)
17 - 18 (born 2007-2008)
* athletes born in 2006 are also eligible if they do not turn 19 on or before 7/27/2025



**Individuals:** Only U.S. citizens, aliens living in the United States and foreign exchange students are eligible to compete in these Championships. See the USATF Rules for more information and exceptions. A competitor must compete in his/her age division only. There will be no "moving up" in any events, including relays. Per **Rule 300.1(f): Competitors in the 8 & Under, 9 - 10 and 11 - 12 age divisions may compete in a maximum of three (3) events, including relays. Competitors in the 13 - 14, 15 - 16 and 17 - 18 age divisions may compete in a maximum of four (4) events, including relays. Combined events are not included in the event count.** All athletes must be 2025 members of USATF in good standing.

**Relay Teams:** Only registered 2025 USATF member clubs may enter a relay team(s). All athletes representing the club must be affiliated with and members of that club as part of their USATF membership. Visit [www.usatf.org/membership](http://www.usatf.org/membership).

### ENTRY FEES:

Individual Entries: \$13 per event

Relay Entries: \$52 per relay team

Decathlon/Heptathlon: \$26 per event

Triathlon/Pentathlon: \$21 per event

**REGISTRATION:** Only on-line entries are accepted. Club Administrators and Unattached Athletes should register online at <https://www.athletic.net/TrackAndField/meet/576574/info> by **07/01/2025 at 11:59pm**. Late entries will not be allowed. Online registration opens **06/24/2025**. Fees must be paid online by the close of registration. Accuracy of data entered is the responsibility of each club and/or athlete. Please validate data within Athletic.net for accuracy prior to submitting entry. An instructional video on the online registration process may be accessed by visiting, <http://cs.athletic.net/blog/b/athletic/archive/2016/01/18/getting-started-athletic-net-tutorials.aspx>.

**NOTE: Multi events will not be contested at the Association Championships, however, athletes must be registered for the Association meet in order to advance to the Region 4 Championships.**

**MEMBERSHIP:** Valid 2025 USATF Membership and Proof of Birth is required for participation. Before registration, please ensure that the membership is current and date of birth is verified in the USATF Connect system.

USATF memberships may be obtained at: <https://www.usatf.org/home/top-utility-nav-content/membership>. For membership questions and issues, contact your Association's Membership Chair:

#### Florida Membership Chair

**Tia Peoples**

[membership@florida.usatf.org](mailto:membership@florida.usatf.org)

#### Georgia Membership Chair

**Monica Ross**

[membership@georgia.usatf.org](mailto:membership@georgia.usatf.org)

#### South Carolina Membership Chair

**Joyce Welch**

[membership@southcarolina.usatf.org](mailto:membership@southcarolina.usatf.org)

For meet related questions: [youth@southcarolina.usatf.org](mailto:youth@southcarolina.usatf.org)

**DATE OF BIRTH VERIFICATION:** **USATF National Championships** require that the registrants are date-of-birth verified. Individual members or their parent or guardian are required to upload/submit their birthdate verification document when completing their membership profile on the USATF Connect system. A USATF Connect account is automatically created for new USATF members. Existing members should already have a USATF Connect account. Date-of-Birth verification documents must be uploaded through [USATF Connect](#). To upload documents, the member (or parent or guardian) must login into their USATF Connect account. If you are having trouble uploading these documents, please reach out to the [USATF National Office \(317-261-0500\)](#). The complete [USATF Date of Birth Policy](#) may be found at: <https://www.usatf.org/home/top-utility-nav-content/membership/date-of-birth-verification-policy>.

**WAIVER:** All athletes who participate in the USATF Junior Olympic Program must complete the Junior Olympic Participant Waiver and Release form. This form is already integrated in the online entry system and can be completed electronically; it can also be obtained via your association. All forms must be submitted at the first round of the Junior Olympic series.

**RULE 300(h) WAIVER TO COMPETE IN ASSOCIATION OF NON-RESIDENCE:** The application for a rule 300(h) waiver can be found on-line at <https://usatf.wufoo.com/forms/youth-member-rule-300-h-waiver/>. The waiver application process may take up to 30 days to complete.

All Athletes who require a waiver to the Region meet due to ACT/SAT Testing or official business that will prevent them from State competition, must notify the Youth Chair in writing prior to the Association meet. All athletes requiring a waiver must be entered in, and pay entry fees for, the events in which they wish to advance. **ATHLETES MUST BE ENTERED IN THE FIRST ROUND OF COMPETITION IN ORDER TO ADVANCE UNDER ANY CIRCUMSTANCES.**

**AWARDS:** USATF Junior Olympic medals will be awarded to the top three (3) individuals and the top three (3) relay teams in each event of each age division. Ribbons will be awarded to the 4th through 8th place individual finishers.

**ADVANCEMENTS:** In 2025, the **top 16** individuals and relay teams in each event of each age division will advance to the USATF Region 4 Championships to be held on **July 03-06, 2025** at Florence Sports Complex at **Florence, SC**. Advancements must be completed by declaring at <https://www.athletic.net/TrackAndField/meet/555783/register> by **07/01/2025 at 11:59pm EDT** Declaration will open on **06/23/2025 at 1:00pm**.

The **National Junior Olympic Championships** will be held from **Monday, July 21<sup>st</sup> to Sunday, July 27<sup>th</sup>**. The location has yet to be announced. The **top 5** athletes at the Region4 Championships will qualify for the National Championships, in combined events the **top 2** athletes will qualify. Information is available at: <https://www.usatf.org/events/2025/2025-usatf-national-junior-olympic-track-field-cha>

**REGION 4 JO SCHEDULE:** Schedule will be posted on the USATFSC website: <http://usatfsc.org/>

**IMPLEMENT WEIGH-IN:** All implements must be weighed, measured, and checked in at the designated Implement Weigh In area (located behind the main stands of the track) at least one and a half hours before the start of the field event. Implement check-in will be open Friday 11am until end of meet day and Saturday/Sunday 7am until end of meet day. Please have your implements checked early. There are no facilities for overnight implement storage. All athletes that check-in an implement are required to check it out at the field event venue following competition completion. Implements not checked-in will not be allowed to be used. **Using an implement that has not been checked-in is grounds for immediate disqualification.**

**EVENT CHECK-IN:** There will be separate check-in areas for Running and Field events. Athletes must check in at these designated areas 45minutes prior to the event's scheduled starting time. All athletes will be required to remain in the designated warm-up areas after checking in. Calls may or may not be made. If an athlete is in both a field and a track event, he/she must check in at both events, then request to be excused to participate in the running event. Field event athletes should report to the field clerking area. Track event athletes should report to the running clerking area.

**COMPETITION BIB NUMBERS:** All competitors must wear their assigned bib numbers during competition and on the front on their jerseys only. HJ and Pole Vault competitors may opt for the front of the singlet. If an athlete loses the bib number, a replacement can be purchased for a fee of **\$5.00**. Bib numbers will be provided in the team packets.

Bib numbers will be distributed to designated team coaches (or unattached athletes) at packet pickup, adjacent to ticketing, at the host venue:

- Thur: **10am to conclusion of meet day**
- Fri/Sat/Sun: **7:00am to conclusion of meet day**

**EVENT RESULTS:** During competition, event results will be posted (near the concessions stand). In addition, event results will be posted at (athletic.net and usatfsc.org).

**PROTESTS:** There will be a \$75 fee for all protests. Protests must be submitted to the Protest Table (at Implement Check-In) at once and not later than 30 minutes after a result has been posted. All protest fees must be paid either in cash or by check. The protest fee will be refunded only if the protest is upheld.

**GATE ADMISSION FEES (per person) \***

<u>Ticket Type</u>	<u>Youth (6-12)</u>	<u>General Entry (13-61)</u>	<u>Seniors (62+)</u>
Single Day	\$ 5.00	\$15.00	\$10.00
Multi-day pass	\$15.00	\$25.00	\$20.00

\* Children under 5 are free. Coaches on the USATF Coaches Registry, and all coaches and volunteers on the USATF Youth Background cleared list can enter free of charge. Electronic/card payment is preferred.

**RULES – COMPETITION :** This is a USATF event. [2025 USATF Competition Rules](#) will apply, particularly the **Youth Rules (Rule 300-303, Rule 306)**.

- All distances and heights will be measure in meters, rounded to the lowest centimeter.
- In Field Events, all competitors in all flights will receive three trials (attempts). Athletes with the top 8 performances across all flights will advance to the finals. These top 8 athletes will be reordered from lesser performance to greater performance, and receive 3 additional attempts (trials).
- Per Rule 302.5, and beginning in 2021, all privately owned implements are now exempt from loss of identity, meaning there is no common usage. No athlete may use another athlete's privately owned implement without that athlete's express consent.
- Per Rule 301, 100m Hurdle height form 13-14 Boys is now 36"
- Per Rule 301, Mixed Gender Relays (4x100, 4x400, and 4x800) will be contested for 15-16, and 17-18 ages. The relay legs will alternate between genders (M-W-M-W).
- Not more than two implements may be submitted by a competitor for any throwing event. (Rule 187.5)
- **Using an implement that is not checked-in is strictly prohibited. Using an implement that has not been checked-in is grounds for immediate disqualification.**
- **NOTE: TurboJavs will continue to be thrown at USATF National for 8U and 9–10-year-old athletes in both 2025 and 2026. Consequently, TurboJavs will be thrown at the USATFSC Association and Regional meets.**

**RULES – CONDUCT & FACILITY:** Please respect the flagged areas and signs for no tents allowed. **Tents will not be allowed in the stands. Umbrellas are not permitted in the stands. Only flats or 1/4 inch pyramid spikes allowed for all events at the facility.** **NOTE:** Please respect Meet officials as they do their job. If a meet official is yelled at or otherwise treated disrespectfully, the offender may be asked to leave the facility. Some 2025 USATF Competition Rule changes may affect this meet. Please check the USATF website at <https://www.usatf.org/governance/rule-books> for complete rules.

- Smoking and/or the use of tobacco products in the gated area of the complex is PROHIBITED.
- Alcoholic beverages are PROHIBITED in the complex and parking lots.
- The use of "vaping" devices is prohibited in the gated area of the complex is PROHIBITED.
- Personal coolers or outside food or beverages are PROHIBITED inside gated area.
- Glass containers are PROHIBITED.
- Grilling, or any open fires, is PROHIBITED.
- Littering is PROHIBITED. Please bag all trash. Leave the facility in as good condition as when you arrive.
- Pets are PROHIBITED inside gated areas and playing fields.
- Gum and sunflower seeds are PROHIBITED inside gated area.
- Profanity within the gated area is PROHIBITED.
- Bicycles, skateboards, roller blades or scooters are PROHIBITED in gated areas.
- Climbing on fences, bleachers, trees or railings is PROHIBITED.
- Throwing or hitting balls of any kind into the fences is PROHIBITED.
- Hitting golf balls is PROHIBITED inside the complex.
- Driving stakes into the field is PROHIBITED.
- Weapons are PROHIBITED on the property.
- Trespassing after hours is PROHIBITED.
- Disrespect towards Officials and Athletes is PROHIBITED.
- Park only in designated areas within the parking lots. Vehicles parked on the grass and/or curbsides are subject to ticketing or towing.



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## Hotel Information

The City of Florence and USATFSC have worked with select local hotels to obtain rates for this event.

Please use the following link when making arrangements for your accommodations.

[Playeasy : USATF South Carolina Junior Olympic Track & Field Championships](#)



## Appendix A

### 2025 USATF Region4 Junior Olympic Track & Field Championships



## 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 Olympic Championship, 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



## Appendix B

# 2025 USATF Region4 Junior Olympic Track & Field Championships



## High Jump Progressions

### High Jump - Boys/Men

Age Group	Open Height	Progression											
		1	2	3	4	5	6	7	8	9	10	11	
8UB	-	-	-	-	-	-	-	-	-	-	-	-	-
9-10B	0.88	0.93	0.98	1.03	1.08	1.13	1.18	1.23	1.28	1.33	1.38	1.43	
11-12B	1.08	1.13	1.18	1.23	1.28	1.33	1.38	1.43	1.48	1.53	1.58	1.63	
13-14B	1.31	1.36	1.41	1.46	1.51	1.56	1.61	1.66	1.71	1.76	1.81	1.86	
15-16B	1.43	1.48	1.53	1.58	1.63	1.68	1.73	1.78	1.83	1.88	1.93	1.98	
17-18M	1.58	1.63	1.68	1.73	1.78	1.83	1.88	1.93	1.98	2.03	2.08	2.13	

### High Jump - Girls/Women

Age Group	Open Height	Progression										
		1	2	3	4	5	6	7	8	9	10	11
8UG	-	-	-	-	-	-	-	-	-	-	-	-
9-10G	0.86	0.91	0.96	1.01	1.06	1.11	1.16	1.21	1.26	1.31	1.36	1.41
11-12G	1.06	1.11	1.16	1.21	1.26	1.31	1.36	1.41	1.46	1.51	1.56	1.61
13-14G	1.20	1.25	1.30	1.35	1.40	1.45	1.50	1.55	1.60	1.65	1.70	1.75
15-16G	1.23	1.28	1.33	1.38	1.43	1.48	1.53	1.58	1.63	1.68	1.73	1.78
17-18W	1.31	1.36	1.41	1.46	1.51	1.56	1.61	1.66	1.71	1.76	1.81	1.86

NOTE1: All heights measured in meters

NOTE2: High Jump increments at .05m (5cm)



## Appendix C

# 2025 USATF Region4 Junior Olympic Track & Field Championships



## Pole Vault Progressions

### Pole Vault - Boys/Men

Age Group	Open Height	Progression											
		1	2	3	4	5	6	7	8	9	10	11	
8UB	-	-	-	-	-	-	-	-	-	-	-	-	-
9-10B	-	-	-	-	-	-	-	-	-	-	-	-	-
11-12B	-	-	-	-	-	-	-	-	-	-	-	-	-
13-14B	2.08	2.23	2.38	2.53	2.68	2.83	2.98	3.13	3.28	3.43	3.58	3.73	
15-16B	3.15	3.30	3.45	3.60	3.75	3.90	4.05	4.20	4.35	4.50	4.65	4.8	
17-18M	3.46	3.61	3.76	3.91	4.06	4.21	4.36	4.51	4.66	4.81	4.96	5.11	

### Pole Vault - Girls/Women

Age Group	Open Height	Progression											
		1	2	3	4	5	6	7	8	9	10	11	
8UG	-	-	-	-	-	-	-	-	-	-	-	-	-
9-10G	-	-	-	-	-	-	-	-	-	-	-	-	-
11-12G	-	-	-	-	-	-	-	-	-	-	-	-	-
13-14G	1.81	1.96	2.11	2.26	2.41	2.56	2.71	2.86	3.01	3.16	3.31	3.46	
15-16G	1.91	2.06	2.21	2.36	2.51	2.66	2.81	2.96	3.11	3.26	3.41	3.56	
17-18W	2.28	2.43	2.58	2.73	2.88	3.03	3.18	3.33	3.48	3.63	3.78	3.93	

NOTE1: All heights measured in meters

NOTE2: High Jump increments at .05m (5cm)