



2025

USATF Niagara Open & Masters

Track and Field Championships

Held June 28th, at Roberts Wesleyan University, in Rochester, NY. Only USATF Niagara members are eligible to win Niagara Championships awards for being top 3 in their age group per event. Registration can be found here: [REGISTRATION](#) for all closes at 11:59pm on June 26th. Registration is \$30 for up to 2 events, \$5 for each event after that. *Relays* - USATF Clubs may create a team comprised of 4 athletes, that team will compete in the age group of the youngest member of that relay team.

There will be no day of registration!

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| 8:00am | Check-in open for all track and field events! Implement Inspection for all throwing events! |
| 8:30am | Warm-up for Pole Vault begins. |
| 9:00am | Check-in and Implement inspection will end. Warm-up for throws and jumps begins. |
| 9:00am | 3000m and 5000m race walk to start on the track, open, and masters combined. |
| 9:30am | All Field Events, see page 2 for start times. |
| Estimated 9:20am | High Hurdles starting with Men's 110h, then Women's 100h, moving to masters 80h (27" [.686m] hurdles NOT available) |
| Estimated 9:30am | 5 ROTY 3000m heats, slow to fast, Men followed by Women. |
| Estimated 10:30am | Men's 100m, then Women. |
| *Rolling schedule* | Steeple Chase Men, then Women. Men's 400m, then Women. Combined Men's 1500m, then Women. Men's 200m, then Women. Intermediate Hurdles with masters 300h moving up to Women's 400h, then Men's 400h (27" [.686m] hurdles NOT available) Combined Men's 800m, then Women. |
| Relays: | Fill out Relay card before 800m! (solo and mixed gender options) 4x100 (number of heats TBD on entries) 4x800 (number of heats TBD on entries) 4x400 (number of heats TBD on entries) |

Field Events

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|--------|---|
| 8:00am | Check-in open for all field events! Implement Inspection for all throwing events! |
| 8:30am | Warm-up for Pole Vault begins. |
| 9:00am | Check-in and Implement inspection will end. Warm-up for throws and jumps begins. |
| 9:30am | Competition begins for: Pole Vault (all competitors) Long Jump (all competitors) – Triple Jump to follow (all) Javelin (all competitors) – High Jump and Shot Put to follow (all) Hammer (all competitors) – Discus to follow (all) |