



2025 USATF Niagara Junior Olympic Outdoor Track & Field Championship

Saturday, June 21, 2025 10:00 AM

Roberts Wesleyan University • 4269 Buffalo Rd., Rochester, NY 14514

AGE DIVISIONS

8 & under	9-10	11-12	13-14	15-16	17-18
(born 2017+)	(born 2015-2016)	(born 2013- 2014)	(born 2011- 2012)	(born 2009- 2010)	(born 2007- 2008)

ELIGIBILITY REQUIREMENTS

Individuals:

- 2025 USATF Niagara membership is required to compete in this meet.
- **ALL AGE-VERIFICATION MUST BE SUBMITTED BY 8PM ON Monday, JUNE 16, 2025.** There will be no age verification completed after this deadline.
- 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.
- 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 13-18 age divisions may compete in a maximum of four (4) events, including relays.

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.
- All team members must be in the same age division.
- All relay team runners **MUST** wear the same color tops and bottoms.

REGISTRATION INFORMATION

DEADLINE: Wednesday June 18 at 11:59 PM EST.
No late registrations will be accepted.

FEES: \$10 per event and \$40 per relay.

FORM: [Click here](#) to register

Important Registration Notes

- 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 for accuracy prior to submitting entry.
- [Click here](#) for registration help information.

AWARDS

Niagara Association medals and ribbons will be given to the top **3 places in the respective age groups**. The top 6 athletes in each age group will advance to the Region 2 Championship meet. The Region 2 Championship meet will be held July 11th through July 14th at Slippery Rock University in Slippery Rock, PA.

FACILITY

Roberts Wesleyan University Stadium is an 8-lane track with an all-weather surface. Spikes (1/4") may be used for the track, runways, and HJ apron. There are two horizontal jump runways. The throwing complex has brushed concrete circles.

The following are prohibited:

- Alcohol
- Smoking/open flame
- Glass containers
- Food/Gum on the track or the infield
- Pets
- No liquids other than water or Gatorade are allowed on the track surface or the infield.

MEET DETAILS

SPIKES: Only ¼" Spikes are allowed.

EVENT CHECK-IN: Runners must check in at the clerking tent when called. Field athletes must check in at their field events. Athletes will be required to remain in the designated area after checking in unless there is an event conflict. Field event competitors who are also in running events must check out with the field event official **and** check back in on return with the field event official within 15 minutes of the running event completion. **Current bar heights will be held for only 15 minutes after the running event.** Missed trials may only be taken if the competitor returns before the final round or before the competition ends. In pole vault and high jump, the bar cannot be lowered after the competition begins.

Event Results: During competition, event results will be posted on the bleachers by the awards table at the west side of the stadium. In addition, live event results may be available from the USATF Niagara website

Protests: Protest forms and a \$50 protest fee must be submitted to the Protest Referee at once and not later than 30 minutes after a result has been announced. The protest fee will be refunded if the protest is upheld.

Seeding for track events: Athletes will report to the clerk of course when their running event is called. Athletes will be expected to run in their lane and heat as directed by the clerk of the course.

Seeding for field events: Field event athletes will report directly to the head field event judge when the field event is called. Athletes will be expected to compete in order and flight as directed by the chief official.

Excusal from field event: If an athlete must be excused from a field event to participate in

another event, they will have no more than 15 minutes to return to the field event. Athletes should work with the officials at both events to have as smooth of a transition as possible. Failure to follow these instructions may result in lost opportunities to compete. High jump and pole vault bars will not be lowered.

Board distances for Long and Triple Jumps	
Long Jump	Triple Jump
1m	6.53m
1.96m	8.97m
2.82m	10.48m

Starting heights for high jump			Starting heights for pole value	
Age	Girls	Boys	Girls	Boys
9-10	0.85m	0.85m	N/A	N/A
11-12	1.05m	1.05m	N/A	N/A
13-14	1.15m	1.30m	1.60m	1.95m
15-16	1.20m	1.45m	1.90m	3.05m
17-18	1.30m	1.55m	2.05m	3.25m

COACHES

Only coaches who have completed the USATF background check, SafeSport training, and have an active USATF membership number will be given a wristband. This allows THAT coach access to the infield/competition area to help athletes get their marks or ask questions. The coaches need to leave the area prior to competition. The infield is not a spectator area for coaches.

1. Any coach or parent in the infield or clerking area may result in the disqualification of their athlete/team.
2. Any parent or non-2025 USATF coach in any other restricted area may result in the immediate disqualification of their athlete/team.

*****Coaches/parents who have NOT completed the USATF background check, SafeSport training, or have active USATF memberships WILL NOT HAVE ACCESS to the infield/competition area due to the new National Regulations*****

SCHEDULE OF EVENTS

subject to change

THE OFFICIAL EVENT START TIMES WILL BE POSTED ON JUNE 20, 2025

Registration/check-in: 8:00AM - 12:30PM

Implement check-in opens: 8:00AM - 10:00AM

TRACK EVENTS

1500m race walk (9-12 boys/girls)
3000m race walk (13-18 boys/girls)
2000m steeplechase (15-18, final on time, all)
80m hurdles- B/G-30" (11-12 boys/girls, final on time)
100m hurdles-G-30" (13-14 girls, final on time)
100m hurdles-B-33" (13-14 boys, finals on time)
100m Hurdles G-33" (15-16 17-18)
110m Hurdles B-39" (15-16, 17-18)
4x800m relays (boys/girls 11-14)
4x800m mixed relays (13-18) - **must be run girl, boy, girl, boy**
100m trials (**will be run as final if 8 or less athletes in age division**)
3000m (11-18, final on time, all)
4x100m relays (all divisions)
4x100m mixed relays (13-18) - **must be run girl, boy, girl, boy**
1500m (final on time, all)
100m finals (if necessary)
400m (final on time, all)
400m hurdles (15-18 boys/girls)
200m hurdles (13-14 boys/girls)
800m (final on time, all)
200m (final on time, all)
4x400m mixed relays (13-18) - **must be run girl, boy, girl, boy**
4x400m relays (all divisions)

Field Events approx. start time 10:00 AM (Groups may be combined due to entry number totals) High jump and Javelin share the same space and may be run concurrently with alternating competitors.

Jumping Events

Pole Vault- Boys (13-18) / Girls (13-18)
High Jump - Girls (9-18) / Boys (9-18)
Long Jump- Boys (8-12) /Girls (8-12) **Followed by Long Jump** - Boys (13-18) / Girls (13-18)
Followed by
Triple Jump - Boys (13-18) / Girls (13-18)

Throwing Events

Shot Put Boys (all ages) / Girls (all ages)
Discus-Boys (11-18) ages/Girls (11-18) **Followed by**
Hammer-Boys (15-18) / Girls (15-18) **Followed by**
Javelin- B/G -Turbo Jav/ AERO JAVELIN 450g/(13-18) Javelin 600g/800g

NOTES:

- Times are approximate, schedule will move ahead if numbers in an event are small
- For throwing events, all implements must be checked and approved by an official before the athlete can check in to the event. Most implement checks should be done between 8:00AM and 10:00AM.
- For horizontal jumps and throws, athletes will have 3 preliminary attempts and 3 additional attempts if they are in the top 8 after the preliminary events. All competitors will be given 6 attempts if there are 8 or less competitors in the age division.
- Listen carefully to the call for each event by the announcer so the athlete can report to the clerk (running events) or field event official at least 15 minutes prior to the start of the event.
- If any youth clubs will be entering teams for any of the relays, a final relay entry form must be completed and turned into the clerk no later than 1 hour before the start of each relay event. The 4x100M and 4x400M relays are open to all age groups while the 4x800M relay is open to age groups 11-12, 13-14. Relay teams can only be club members and those athletes can only run on relay teams in their age division. The 4x800, 4x100, and 4x100 mixed relays are open to age groups 13-14, 15-16 and 17-18. The mixed relays must be run in girl/boy/girl/boy order.