

Posted on May 7
This is not the official meet document.
Please visit the USATF Arizona website for the official meet information.
USA TRACK & FIELD REGION 10 JUNIOR OLYMPIC CHAMPIONSHIPS

Mesa Community College, 1833 W. Southern Ave, Mesa, AZ 85202
Thursday, July 3, 2025 - Sunday, July 6, 2025

Start Times

- Thursday: 7:00AM Combined Events
 - Friday: 7:00AM Combined Events, 7:45 AM Steeplechases, 9:15AM Race Walks
 - Saturday: 7:00AM Track & Field & 6:00PM Track & Field
 - Sunday: 7:00AM Track & Field
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Age Divisions

Division	Year of Birth	Division	Year of Birth
8 & Under	2017 - 2018	13-14	2011-2012
9-10	2015 - 2016	15-16	2009-2010
11-12	2013-2014	17-18	2007-2008**

**(2006 if you are still 18 and do not turn 19 before August 1st)

Athletes must be 7 years old by December 31 of the current year to compete.

Entry Fees

- \$7.00 per event
- \$28.00 per relay
- \$20.00 Decathlon/Heptathlon
- \$15.00 Pentathlon/Triathlon

Club Administrators and unattached athletes must register online at Athletic.net by the deadline of 11:59AM on Monday, June 30, 2025.

Any Changes must be made by 4:00PM, Tuesday, July 1, 2025. NO DAY OF MEET ENTRIES OR CHANGES. THERE WILL BE A \$5 LATE FEE PER ATHLETE FOR ALL ADDS. THIS LATE FEE CANNOT BE WAIVED.

How to send corrections for entries:

1. Send email to: usatfaz.changes@gmail.com.
2. Please provide **Name**, **Date of Birth**, **Male or Female**, **Membership Number** and **Event Information**.
3. Please be prepared to pay for any added events and late fees... Cash, Card or Zelle only (**no checks**).

Please note that you can only be entered into the Regional Championship if you are advanced from your Association Championship or have been provided a waiver.

Awards

USATF Regional Medals will be awarded to places 1st to 5th and ribbons for 6th – 8th.

Packet Pick-Up

- Thursday and Friday (July 3-4): 6:30AM - 11:00AM at the track.
 - Saturday and Sunday (July 5-6): 6:30AM - 11:00AM at the track.
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Coach's Meeting

Friday, July 4 at 6:00PM at the track.

National Junior Olympics Qualification

Top **eight (8) finishers** in each event qualify for the Junior Olympic National Championship, from July 22–28, 2025. Combined event athletes placing 1st and 2nd qualify, and the 3rd place athlete may advance if meeting the qualifying mark.

Weather:

Prepare for very hot and dry weather conditions. EMTs will be available on-site throughout the event. Tents will be set up at field event venues and clerking areas, and attendees may also place tents on grass areas around the track that are not marked off. In the stands, tents are allowed only on the top level. Please do not set up pop-up tents or oversized umbrellas in the lower stands, as this may obstruct others' views. Before placing an umbrella, ensure you are not blocking the view of someone already seated. **Note: tents are strictly prohibited in front of the press box.**

Rules & Conduct

USA Track & Field rules will govern the competition, and all participants and attendees are expected to conduct themselves appropriately. Drinking, smoking, and vaping are strictly prohibited. Only competing athletes and working officials are permitted on the track and infield, except in the case of emergencies. **Coaches and parents are not permitted in the clerking area. Wristbands only allow access to coaches boxes.**

Athlete Check-In

- Running events: Clerk of Course.
 - Field events: Check in with the official in charge of the event. Pole Vault athletes will be weighed to ensure compliance with pole specifications.
 - Coaches and parents are not permitted in the clerking area nor on the infield. **Coaches' wristbands are only for access to coach's box.**
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Volunteers

Those who want to volunteer please contact Malia Austin, VP Administration at mdaustin25@yahoo.com with a list of 3 venues in order of preference for our scheduling purposes.

Protest Policy

Protests must be submitted to the referee within 30 minutes of results posting and include a \$100 cash deposit. If upheld, the deposit will be refunded; if denied, the deposit will be forfeited.

Other Highlights

- Uniforms: Relay teams must wear matching tops and shorts.
- Implements: All throwing implements will be weighed before each session.

- Concessions: Food concessions will be available. Coolers and food are permitted in the stadium. **Vaping, Smoking of any kind and alcohol use are strictly prohibited.**
- Souvenirs: Custom Region 10 T-shirts will be sold.
- Please note: Changes may be made to this event so please look out for emails.

Hotel Information

Days Inn 333 W Juanita Ave, Mesa, Az 85210 (480) 844-8900

\$149 2 queen beds per room plus tax (Breakfast Included) Cutoff date is 6/12/25. They can call in and ask for USATF rate or click [Days Inn and Suites Welcomes USATF](#). Guests can make reservations either by calling the hotel directly at 480-844-8900 or if they prefer to book online.

Hyatt Place Phoenix/Mesa 1422 Bass Pro Dr, Mesa, AZ 85201 (480) 969-8200

Guests call in and give USA Track and Field-room block. Cutoff is 6/13/25.

\$83 for King plus tax

\$98 for 2 Queens plus tax

**2025 REGION 10 JUNIOR OLYMPIC CHAMPIONSHIPS
SCHEDULE OF EVENTS**

SESSION 1

Thursday July 3, 2025

7:00 AM	Decathlon	(15-16B, 17-18B)
7:30 AM	Pentathlon	(13-14B)
7:45 AM	Heptathlon	(15-16G, 17-18G)
8:15 AM	Pentathlon	(13-14G)

SESSION 2

Friday, July 4, 2025

7:00 AM	Decathlon	(15-16B, 17-18B)
7:30 AM	Pentathlon	(11-12B)
7:30 AM	Heptathlon	(15-16G, 17-18G)
7:45 AM	Steeplechase	(15-16B, 17-18B)
8:00 AM	Steeplechase	(15-16B, 17-18G)
8:00 AM	Triathlon	(9-10B)
8:00 AM	Hammer	(15-16B, 17-18G)
8:30 A.M	Pentathlon	(11-12G)
9:00 AM	Triathlon	(9-10G)
9:15 AM	Race Walk	(13-14G, 13-14B)
9:15 AM	Race Walk	(15-16G, 15-16B)
9:15 AM	Race Walk	(17-18G,17-18B)
9:30 AM	Hammer	(15-16 G,17-18G)
10:45 AM	Race Walk	(11-12G, 11-12B)
11:00 AM	Race Walk	(9-10G, 9-10B)

SESSION 3

Saturday, July 5, 2025 - Track Events – 7:00AM - Rolling Time Schedule

	3000m Run	Final	11-12, 13-14, 15-16, 17-18 G/B
	4x400 Relay	Prelims/Final	All Ages
	100m Dash	Prelims/Final	All Ages
	400m Hurdles	Prelims/Final	17-18B, 15-16B/17-18G,15-16G
	200m Hurdles	Prelims/Final	13-14B, 13/14G
	200m Dash	Prelims/Final	All Ages
	800m Dash	Final	All Ages

Field Events - Saturday July 5, 2025 – 7:00AM - Rolling Time Schedule

Triple Jump North Pit	Triple Jump Infield Pit	High Jump	Shot Put	Discus	Mini Javelin	Pole Vault
17-18B	13-14G	13-14B	17-18B	11-12B	9-10G	13-14G
15-16B	15-16G	9-10G	15-16B	15-16G	11-12G	15-16G
13-14B	17-18G	9-10B	13-14B		8 & Under G	17-18G
			11-12B			

SESSION 4

Saturday, July 5, 2025 – Track Events – 6:00PM – Rolling Time Schedule

6:00 PM	4x100 Relay	Prelims/Final	All Ages
	400m Dash	Prelims/Final	All Ages
	110m Hurdles	Prelims/Final	17-18B, 15-16B
	100m Hurdles	Prelims/Final	17-18G, 15-16G
	100m Hurdles	Prelims/Final	13-14B, 13-14G
	80 m Hurdles	Prelims/Final	11-12B, 11-12G
	4x800 Relay	Final	11-12, 13-14, 15-16, 17-18 G/B

Saturday, July 5, 2025 – Field Events – 6:00PM – Rolling Time Schedule

Long Jump North Pit	Long Jump Infield Pit	High Jump	Shot Put	Discus	Javelin	Pole Vault
13-14G	8 & Under B	15-16B	9-10B	17-18G	13-14G	15-16B
17-18G	9-10B	17-18B	8 & Under B	13-14B	15-16B	17-18B
15-16G	13-14B	11-12G	8 & Under G		17-18B	13-14B
		15-16G	9-10G			

SESSION 5

Sunday, July 6, 2025 -Track Events – 7:00AM – Rolling Time Schedule

7:00 AM	Parade of Athletes		all athletes
7:30 AM	1500m Run	Final	All Ages
	4x100 Relay	Final	All Ages
	110m Hurdles	Final	17-18B, 15-16B
	100m Hurdles	Final	17-18G, 15-16G
	100m Hurdles	Final	13-14B, 13-14G
	80m Hurdles	Final	11-12B, 11-12G
	100m Dash	Final	All Ages
	Break		
	400m Dash	Final	All Ages
	400m Hurdles	Final	17-18B, 15-16B/17-18G,15-16G
	200m Hurdles	Final	13-14B, 13/14G
	200m Dash	Final	All Ages
	4x400m Relay	Final	All Ages

Sunday, July 6, 2025 - Field Events – 7:00AM – Rolling Time Schedule

Long Jump North Pit	Long Jump Infield Pit	High Jump	Shot Put	Discus	Javelin	Mini Javelin
9-10G	15-16B	11-12B	13-14G	11-12G	17-18G	8 & Under B
8 & Under G	17-18B	13-14G	11-12G	15-16B	15-16G	9-10B
11-12G	11-12B	17-18G	17-18G	17-18B	13-14B	11-12B
			15-16G	13-14G		