



## 2025 USATF JUNIOR OLYMPIC REGION 8 MEET SCHEDULE

July 10-13, 2025 Ames, Iowa

### **Thursday July 10, 2025:**

*Gates open to athletes and spectators at 11:30 am*

|          |                  |                |
|----------|------------------|----------------|
| 12:30 pm | Decathlon Day 1  | 15-16B; 17-18B |
| 1:00 pm  | Pentathlon       | 11-12G; 11-12B |
| 1:30 pm  | Heptathlon Day 1 | 15-16G; 17-18G |

### **Friday July 11, 2025 :**

*Gates open to athletes and spectators at 9:00 am*

#### Combined Events

|          |                  |                |
|----------|------------------|----------------|
| 10:00 am | Pentathlon       | 13-14G; 13-14B |
| 10:30 am | Decathlon Day 2  | 15-16B; 17-18B |
| 11:00 am | Heptathlon Day 2 | 15-16G; 17-18G |
| 1:30 pm  | Triathlon        | 9-10G; 9-10B   |

#### Track Events

|         |                         |                              |
|---------|-------------------------|------------------------------|
| 2:00 pm | 1500 meter Race Walk    | 9-10G/B; 11-12G/B            |
| 2:30 pm | 3000 meter Race Walk    | 13-14G/B; 15-16G/B; 17-18G/B |
| 6:00 pm | 2000 meter Steeplechase | 15-16B; 17-18B               |
| 6:15 pm | 2000 meter Steeplechase | 14-14G/B; 15-16G; 17-18G     |

**NOTE: Combined Events Races May Supersede Steeplechase Events**

#### Field Events

##### **Long Jump (2 pits)**

|         |                 |
|---------|-----------------|
| 2:00 pm | 8 and Under G/B |
| 4:00 pm | 9-10 G/B        |

##### **High Jump (2 pits)**

|         |          |
|---------|----------|
| 3:30 pm | 11-12G/B |
|---------|----------|

##### **Hammer Throw**

|         |                   |
|---------|-------------------|
| 6:00 pm | 15-16B and 17-18B |
| 6:45 pm | 15/16G and 17-18G |

## **Saturday July 12, 2025**

*Gates open to athletes and spectators at 7:00 am*

### Track Events:

|  |                    |                |
|--|--------------------|----------------|
| 9:00 am                                | 100m dash          | prelims        |
| 10:20 am                               | 4 x 800 relay      | finals         |
| 10:50 am                               | 80/100/110 hurdles | prelims        |
| 11:35 am                               | 4 x 100 relay      | finals         |
| 12:35 pm - 1:05 pm <b><u>BREAK</u></b> |                    |                |
| 1:05 pm                                | 400 m dash         | finals (timed) |
| 2:20 pm                                | 1500m run          | finals         |
| 3:40 pm                                | 200m dash          | prelims        |

### Field Events:

| <b>High Jump (2 Pits)</b> |               | <b>Long Jump (2 Pits)</b> |             | <b>Pole Vault (1 Pit)</b>  |
|---------------------------|---------------|---------------------------|-------------|--|
| 8:00 am                   | 17-18 B/G     | 8:00 am                   | 15-16 B/G   | 9:00 am 13-14 B, followed by 17-18M,<br>then 15-16B (there will be<br>appropriate warmup time<br>between age groups. |
| 10:00am                   | 15-16 B/G     | 10:00am                   | 13-14 B/G   |  |
| 12:15 pm                  | 9-10 B/G      | 12:30 pm                  | 11-12 B/G   |  |
| 2:00 pm                   | 13-14 B/G     | 2:30 pm                   | 17-18 B/G   |  |
| <b>Shot Put (2 Rings)</b> |               | <b>Turbo Javelin</b>      |             | <b>Discus Throw</b>  |
| 8:00 am                   | 8 & Under B/G | 8:00 am                   | 9-10 G      | 8:00am 17-18 G   |
| 9:15 am                   | 9-10 B/G      | 9:15 am                   | 11-12 B     | 9:30 am 17-18 B  |
| 10:30 am                  | 11-12 B/G     | 10:30 am                  | 8 & Under B | 11:00 am 15-16 G   |
| 12:30 pm                  | 13-14 B/G     | 12:15 pm                  | 9-10 B      | 1:00 pm 15-16 B  |
| 2:00 pm                   | 15-16 B/G     | 1:30 pm                   | 8 & Under G | 2:35 pm 13-14 G  |
| 3:30 pm                   | 17-18 B/G     | 2:45 pm                   | 11-12 G     | 4:00 pm 13-14 B  |

## **Sunday July 13, 2025:**

*Gates open to athletes and spectators at 7:00 am*

### Track Events:

|          |                    |        |
|----------|--------------------|--------|
| 9:00 am  | 3000m run          | finals |
| 10:40 am | 80/100/110 hurdles | finals |
| 11:05 am | 100m dash          | finals |
| 11:40 am | 800m run           | finals |
| 12:55 pm | 200/400 hurdles    | finals |
| 1:35 pm  | 200m dash          | finals |
| 2:05 pm  | 4 x 400 relay      | finals |

Field Events:

**Triple Jump**

8:30 am 17-18 B/G  
9:40 am 13-14 B; 15-16 B  
10:50 am 13-14 G; 15-16 G

**Javelin**

8:00 am 13-14 G  
9:00 am 13-14 B  
10:00 am 15-16 G  
11:00 am 17-18 G  
12:00 pm 15-16 B  
1:00 pm 17-18 B

**Discus**

9:15 am 11-12 G  
10:45 am 11-12 B

**Pole Vault**

9:00 am 13-14G, followed by 15-16G, then 17-18G  
(there will be appropriate warmup between age groups)

**Questions please contact:**

**Iowa:**

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|-----------------------------|-------------------------|---------------------|-------------------|
| 1. Packet Pick-up           | 5. Shot Put             | 9. Long/Triple Jump | 13. Awards        |
| 2. Information/Protest Tent | 6. Hammer/Discus        | 10. High Jump       | 14. Concessions   |
| 3. Warm Up Area             | 7. Javelin              | 11. Pole Vault      | 15. Restrooms     |
| 4. Clerking and Hipping     | 8. Weights and Measures | 12. PV Storage      | 16. Apparel Sales |