

TENTATIVE

**2025 USATF Region 13
Junior Olympic Outdoor Track & Field Championships
July 3/4/5/6
Central Valley High School, Spokane Valley**



Thursday Combined Events – July 3

8:30am*	Heptathlon – Day 1	15-16G	100H HJ SP 200
8:40am*	Heptathlon – Day 1	17-18G	100H HJ SP 200
9:00am*	Pentathlon	13-14B	100H SP HJ LJ 1500
9:15am*	Pentathlon	13-14G	100H SP HJ LJ 800
10:00am*	Decathlon – Day 1	15-16B	100 LJ SP HJ 400
10:20am*	Decathlon – Day 1	17-18B	100 LJ SP HJ 400
12:30pm*	Triathlon	09-10B	SP HJ 400
1:00pm*	Triathlon	09-10G	SP HJ 200

* Combined Event start times will be optimized after entries close.

Within DEC/HEPT/PENT/TRI, the age group with fewer entries will compete at the earlier of the two times.

Hurdles: 36" 13-14B; 33" 15-18G; 30" 13-14G.

Hurdles: 33" 15-18G; 36" 13-14B; 30" 13-14G.

Thursday Track Events – July 3

5:30pm	2000 M Steeplechase	Timed Finals	15-16B/17-18B	<i>Location: TBD</i>
5:55pm	2000 M Steeplechase	Timed Finals	13-14G/13-14B	
6:15pm	2000 M Steeplechase	Timed Finals	15-16G/17-18	
5:30pm	2000 M Steeplechase	Timed Finals	15-16B/17-18B	
5:55pm	2000 M Steeplechase	Timed Finals	13-14B	
6:15pm	2000 M Steeplechase	Timed Finals	13-14G	
6:35pm	2000 M Steeplechase	Timed Finals	15-16G/17-18G	

Steeplechase: 36" 15-18B; 30" 13-14B, 13-18G.

Age groups separated by slashes compete together. Additional races may combine age groups when practical.

In individual events, 8 athletes/relay teams qualify from Regional to National.

In combined events, 2 athletes, plus any athlete that meets the national standard, qualify from Regional to National.

Athletes with both a track and a field event at the same time are NEVER required to stay in the clerking tent.

After check-in, you may return to your field event, but it is now your responsibility to return to the tent or start line in time for your race.

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Revision 3 6/8/2025

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Friday Combined Events – July 4

8:30am*	Decathlon – Day 2	15-16B	110H DIS PV JAV 1500
9:00am*	Decathlon – Day 2	17-18B	110H DIS PV JAV 1500
8:30am*	Heptathlon – Day 2	15-16G	LJ JAV 800
9:15am*	Heptathlon – Day 2	17-18G	LJ JAV 800
9:20am*	Pentathlon	11-12B	80H SP HJ LJ 1500
10:00am*	Pentathlon	11-12G	80H SP HJ LJ 800

* Combined Event start times will be optimized after entries close.

Within the DEC/HEPT/PENT/TRI, the age group with fewer entries will compete at earlier of the two times.

Mixed Gender Relays: 4x800 and 4x400 relay leg order is boy-girl-boy-girl. 4x100 relay leg order is girl-girl-boy-boy.

Hurdles: 39" 15-18B; 30" 11-12G, 11-12B.

Friday Track Events – July 4

4:30pm	1500 M Race Walk	Timed Finals	09-10G/09-10B/11-12G/11-12B
4:30pm	3000 M Race Walk	Timed Finals	13-14G/13-14B/15-16G/15-16B/17-18G/17-18B
5:15pm	Mixed 4x800 M Relay	Timed Finals	15-16/17-18 \$
	4x800 M Relay	Timed Finals	11-12G/11-12B/13-14G/13-14B, 15-16G/15-16B/17-18G/17-18B
6:15pm	200 M Dash	Semi-Finals #	All Divisions †

Friday Field Events – July 4

3:00pm*	Hammer	15-16G	4:45pm	Javelin	13-14B
3:00pm	Mini Javelin	09-10G	5:00pm	High Jump	13-14G
3:00pm	Shot Put	13-14G	5:00pm	Long Jump	08&uG (West)
3:00pm	High Jump	13-14B	5:00pm	Long Jump	09-10G (East)
3:00pm	Long Jump	08&uB (East)	5:10pm*	Hammer	15-16B
3:00pm	Long Jump	09-10B (West)	6:30pm	Mini Javelin	09-10B
4:00pm*	Hammer	17-18G	6:30pm*	Hammer	17-18B
			7:00pm	Triple Jump	13-14G/13-14B (East)

† The order for “All Divisions” races is:

08&uG, 08&uB, 09-10G, 09-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18G, 17-18B

\$ Mixed 4x800 Order of handoff will be Boy-Girl-Boy-Girl

Age groups separated by slashes compete together. Additional races may combine age groups when practical.

If there are 8 or less runners in a semi-final event, it will be run as a final event.

8 athletes qualify for finals in field events.

In individual events, 8 athletes/relay teams qualify from Regional to National.

In combined events, 2 athletes, plus any athlete that meets the national standard, qualify from Regional to National.

Athletes with both a track and a field event at the same time are NEVER required to stay in the clerking tent.

After check-in, you may return to your field event, but it is now your responsibility to return to the tent or start line in time for your race.

* Hammer start times will be optimized after entries close.

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Saturday Track Events – July 5

9:30am	1500 M Run	Timed Finals	08&uG,08&uB,09-10G,09-10B,11-12G,11-12B,13-14G,13-14B,15-16G,15-16B,17-18G,17-18B
11:00am	100 M Dash	Semi-Finals #	All Divisions †
12:30pm	400 M Hurdles	Timed Finals	15-16B, 17-18B, 15-16G, 17-18G
	200 M Hurdles	Timed Finals	13-14G, 13-14B
2:00pm	Mixed 4x100 Relay	Timed Finals	15-16,17-18 \$
	4x100 M Relay	Timed Finals	All Divisions †
3:10pm	400 M Dash	Timed Finals	All Divisions †

Saturday Field Events – July 5

8:30am	Mini Javelin	08&uB		11:30am	Javelin	13-14G
8:30am	Shot Put	09-10B (North)		11:30am	Shot Put	17-18G
8:30am	Shot Put	08&uG (South)		12:30pm	High Jump	17-18B
8:30am	High Jump	09-10G		1:00pm	Long Jump	11-12B (West)
8:30am	Long Jump	11-12G (West)		1:00pm	Triple Jump	17-18G (East)
8:30am	Triple Jump	15-16G (East)		1:15pm	Discus	13-14B
9:30am	Discus	11-12G		1:30pm	Aero Javelin	11-12G
9:30am	Pole Vault	13-14G		1:30pm	Shot Put	15-16B
9:45am	Aero Javelin	11-12B		1:45pm	Pole Vault	15-16G
10:00am	Shot Put	09-10G		2:30pm	High Jump	09-10B
10:30am	High Jump	11-12G		3:15pm	Shot Put	13-14B
10:30am	Long Jump	15-16B (East)		3:15pm	Discus	11-12B
10:30am	Long Jump	17-18B (West)		3:15pm	Javelin	17-18B
11:15am	Discus	15-16G				
11:15am	Pole Vault	17-18G				

\$ Mixed 4x100 Relay order of hand off will be Girl-Girl-Boy-Boy

† The order for “All Divisions” races is:

08&uG, 08&uB, 09-10G, 09-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18G, 17-18B

Age groups separated by slashes compete together. Additional races may combine age groups when practical.

If there are 8 or less runners in a semi-final event, it will be run as a final event.

After the scheduled start of the 100 M Dash, running events may start up to 15 minutes early.

Para 100m/200m/400m are the first heat in their age group

8 athletes qualify for finals in field events.

In individual events, 8 athletes/relay teams qualify from Regional to National.

Athletes with both a track and a field event at the same time are NEVER required to stay in the clerking tent. After check-in, you may return to your field event, but it is now your responsibility to return to the tent or start line in time for your race.

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Sunday Track Events – July 6

9:30am	3000 M Run	Timed Finals	11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 17-18G, 15-16B, 17-18B
11:10am	100 M Dash	Finals	All Divisions †
11:55am	80 M Hurdles	Timed Finals	11-12G, 11-12B
	100 M Hurdles	Timed Finals	13-14G, 15-16G, 17-18G, 13-14B
	110 M Hurdles	Timed Finals	15-16B, 17-18B
1:00pm	800 M Run	Timed Finals	All Divisions †
2:15pm	200 M Dash	Timed Finals	All Divisions †
3:15pm	Mixed 4x400m Relay	Timed Finals	15-16,17-18 \$
	4x400 M Relay	Timed Finals	All Divisions †

Sunday Field Events – July 6

8:30am	Discus	15-16B		10:45am	Javelin	15-16B
8:30am	Shot Put	11-12G (North)		10:45am	Pole Vault	17-18B
8:30am	Shot Put	08&uB (South)		12:15pm	Shot Put	17-18B
8:30am	High Jump	11-12B		12:15pm	High Jump	15-16G
8:30am	Long Jump	13-14G (East)		12:30pm	Discus	13-14G
8:30am	Long Jump	15-16G (West)		12:45pm	Javelin	17-18G
9:00am	Pole Vault	13-14B		1:00pm	Triple Jump	15-16B (East)
9:30am	Mini Javelin	08&uG		1:00pm	Triple Jump	17-18B (West)
10:15am	Discus	17-18G		1:15pm	Pole Vault	15-16B
10:15am	Shot Put	15-16G		2:00pm	Shot Put	11-12B
10:15am	High Jump	15-16B		2:15pm	Discus	17-18B
10:30am	Long Jump	13-14B (East)		2:15pm	High Jump	17-18G
10:30am	Long Jump	17-18G (West)		2:30pm	Javelin	15-16G

† The order for “All Divisions” races is:

08&uG, 08&uB, 09-10G, 09-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18G, 17-18

\$ Mixed 4x400 order of handoff will be Boy-Girl-Boy-Girl

Age groups separated by slashes compete together. Additional races may combine age groups when practical.

After the scheduled start of the 100 M Dash, running events may start up to 15 minutes early.

Para 100m/200m/400m are the first heat in their age group

8 athletes qualify for finals in field events.

800 M Run uses a waterfall start for ages 08&u and 09-10.

In individual events, 8 athletes/relay teams qualify from Regional to National.

Athletes with both a track and a field event at the same time are NEVER required to stay in the clerking tent. After check-in, you may return to your field event, but it is now your responsibility to return to the tent or start line in time for your race.

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