



Region 8
Track and Field Championships Meet
July 10-13, 2025
Iowa State University
Cyclone Sports Complex
1022 Welch Avenue
Ames, Iowa



Meet Passport



2025 USATF JUNIOR OLYMPIC REGION 8 MEET INFORMATION

July 10-13, 2025 Ames, Iowa

Facility Location/Regulations

The 2025 Regional will be held at Iowa State University, Ames, IA .

- No outside food or drink
- No Pets, except service animals.
- Concessions will be available throughout the 4-day meet.
- Event merchandise is located in the pavilion outside the track, near the 100 start.
- Facility website link [Cyclone Sports Complex](#) .

Note: In the event of severe weather, meet participants, personnel and spectators will be evacuated.

They will be directed to appropriate facilities – locker rooms, training rooms, storage rooms, or nearby dorms (in case of tornado). ISU staff will be on site to monitor weather and administer any weather related evacuations.

Hotel and Visitors Information

Hotel Information: [Selected Hotels for Region 8 Meet](#)

[Other Ames Hotels](#)

Restaurant Information: [Ames Restaurants](#)

Entertainment Information: [Ames Entertainment](#)

General Information

Spectator Admission

Admission prices for all spectators are as follows. All athletes and certified coaches (identified prior to the meet) must wear their competition number or badge to enter the facility free of charge. Only competing athletes will be allowed within the competition field.

Day	Spectator	Under 6
Thursday Only	\$10.00	Free
Friday Only	\$10.00	Free
Saturday Only	\$10.00	Free
Sunday Only	\$10.00	Free
4-Day Meet Pass	\$25.00	Free

Cash, no checks.

Athletes will gain free entrance as long as they are wearing their wrist band.

Packet Pick-Up

Packet pick-up will be at a tent located at the track entrance on the west side. Packet pick-up will be open during meet hours and from 5-7 on July 10 and 11.

Team/Volunteer/Spectator Parking

Parking will be available in lot west of the stadium.

Registration Fees/Deadlines

Individual Entries: \$9 per event

Relay Entries: \$36 per Relay Team

Decathlon/Heptathlon: \$22 per athlete

Pentathlon/Triathlon: \$17 per athlete

Club Administrators and Unattached Athletes should register online at:

[2025 Region 8 Registration](#)

Registration Opens: 06/15/2025

Registration Deadline: 07/08/2025 @ 11:00 PM

Late Entries

Late entries **must go through, and be approved** by your respective association chair. If approved the fee structure will be as follows:

Within 24 hours past the original deadline	07/09/2025	\$25 per athlete (plus event entry fees)
24-48 hours past the original deadline	07/10/2025	\$50 per athlete (plus event entry fees)
Anytime after that	07/11/2025	\$100 per athlete (plus event entry fees)

Late fees will be due at gate when picking up athletes bib.

On Site registration will NOT be offered. 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 within Athletic.net for accuracy prior to submitting entry.

Athlete Competition/Bib Numbers

Athletes entered in the meet will receive a bib number at packet pick-up along with a wristband. Bib numbers are required for competition and must be worn on the front of the uniform unless instructed otherwise. There is a \$5 replacement fee for lost bib or wristband. Requests for replacements should be made at the Registration tent located outside the main gate. Requests for replacements should be made at the Registration tent located outside the main gate. A wristband is required at admission gate for free admission.

Coaches

Coaches may pick up an entire team packet of bibs provided the coach is listed in good standing as a coach with USATF for 2025. You can find that list here: <https://www.usatf.org/programs/coaches/coaches-registry>
Coaches should notify Jim Walczyk (email at bottom) if they desire to pick up the entire team packet.

Coaches must:

- ***Be a current USATF member,***
- ***Have a current USATF background screen,***
- ***Have completed the SafeSport course, and***
- ***Be listed as a coach on USATF on-line coaches registry***

Event Results

Results will be posted on <https://www.wayzataresults.com/sports/track/2025/schedule>. No printed results will be available.

Awards

USATF medals will be awarded to the top Eight individuals and the top Eight relay teams in each event of each age group.

Warm-Up and Coaches Area

The running events warm-up area is located on the grass area which is south of the competition track (by the

hipping tent). Field events will have specified warm-up at time of competition. Absolutely no warm-ups on the soccer field/track in-field.

There will **NOT** be designated coaches boxes.

Question/protest procedures

There will a \$100 cash fee for all protests. Protests must be submitted to the 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. The clock will start on the live results once the results become official. Once the clock expires there will be no further protests for that event. To initiate a protest, please go the press box.

Awards/National Entry Information

Awards will be presented to top 8 finishers in all events, including combined events, IMMEDIATELY upon completion of the final. Athletes should proceed to the award stand at the center of the track immediately after the event. Track and field shall advance the top eight (8) placed individual and the top eight (8) placed relay teams to the National meet.

Athletes must be seven (7) years of age by December 31 of the current year to compete at the Junior Olympic National Meet. Entries will be online only. The 2025 USATF National Junior Olympic Track and Field Championships will be held from Monday, July 21st to Sunday, July 27th at Savannah State University in Savannah, GA [National Meet Site](#)

Track Event Information

Check-in

Track athletes will check to the clerking/hipping area when called. Bib numbers are required for check in. **Only athletes and officials will be allowed in this area.**

Track Prelims and Finals

When 8 or fewer athletes from a gender/age group report to the clerk of course by the required check-in time for the 80/100/110 meter hurdles, the 100 meter dash, or the 200 meter dash, the event will be run as a final on the FIRST DAY of competition and there will be no preliminary race. See specifications for hurdle races in the table:

Division	Distance	Hurdles	Height	To First	Interval	To Finish
11-12 Girls and Boys	80m	8	30"	12m	7.5m	15.5m
13-14 Girls	100m	10	30"	13m	8.5m	10.5m
13-14 Boys	100m	10	36"	13m	8.5m	10.5m
15-16 and 17-18 Girls	100m	10	33"	13m	8.5m	10.5m
15-16 and 17-18 Boys	110M	10	39"	13.72m	9.14m	14.02m
13-14 Girls and Boys	200m	5	30"	20m	35m	40m
15-16 and 17-18 Girls	400m	10	30"	45m	35m	40m
15-16 and 17-18 Boys	400m	10	36"	45m	35m	40m

Heat Assignments

All events will be seeded prior to the start of the meet.

Events with prelims (200m and below) will be seeded completely random, heat and lane assignments will all be random. All other events (400 and above and 200 hurdles) will be seeded based on times from the respective association meets. The fastest times will be in the last heat. For example: in a 400M Dash with 29 competitors. The top 8 times will be in heat 4, the next 8 fastest in heat 3, the next 8 in heat 2, and the remaining 5 in heat 1. The respective heats will have lane assignments as such – the fastest 4 times in the heat will be randomly placed

in the middle 4 lanes, and the remaining runners will be randomly placed in the remaining lanes.

Advancement to Finals

Events that have prelims with advancers to finals will advance based on the following: Top one (1) in each heat and the next fastest by time (to fill to 8).

Spikes

Only ¼" spikes (or smaller) are permitted on the track. Only pyramid spikes may be used. Improper spikes will not be permitted. Acceptable (1/4") replacement spikes will be available to purchase until supplies are sold out. Athletes are expected to bring their track shoes with spikes to the clerking tent for inspection.

Relay Information

Reminder – members of relay teams must wear a top of the same color as well as shorts of the same color or matching body suits. Relay teams should provide their own batons. A limited number of batons will be available if needed.

Relay zone exchanges have been changed.

Rule 170.3

In the 4x100m, the 4x200m, the first and second exchanges in the 'Swedish' Medley and the outdoor Sprint Medley relays, each takeover zone shall be 30m long, of which the scratch line is 20m from the start of the zone. For the third exchange in the 'Swedish' Medley Relay and in the 4x400m and longer relays each exchange zone shall be 20m long of which the scratch line is the center. The zones shall start and finish at the edges of the zone lines nearest the start line in the running direction. For each exchange conducted in lanes, a designated official shall ensure that the athletes are correctly placed in their exchange zone and are aware of any applicable acceleration zone. The designated official shall also ensure that Rule 170.5 is observed.

Translation: The exchange zone is now 30 meters long with no acceleration zone. Athletes can line up anywhere within the 30 meter zone. Exchange must be made before the end of the exchange zone. (eliminates exchanging before entering the zone) Since NCAA and NFHS has not adopted this rule yet, tracks will still be marked the old way, so the exchange zone will be the acceleration (olympic) zone plus the traditional exchange zone.

Starting Blocks (Rule 302.2(e))

Athletes in the 15-16 and 17-18 age groups shall, in accordance with Rules 161, be required to use starting blocks and a crouch position for all events up to and including the 400 Meter Dash and the first leg of all relays where that leg does not exceed 400 meters. For athletes in the 8 & U, 9-10, 11-12, and 13-14 age groups general rules regarding the use of starting blocks and stance are waived; the use of starting blocks and stance is within the discretion of the competitor. The setting of a competitor's starting blocks other than by the competitor or an individual designated by the starter is prohibited.

All athletes using blocks will be required to use blocks supplied by the organizing committee.

False Start Rule (302.2(d))

False starts are called on individuals, not on the field. For the 8 and under, 9-10, 11-12 and 13-14 year old divisions, for a first false start by a competitor, a yellow and black (diagonally halved) card shall be raised in front of the respective competitor(s), and when lane markers are being used, a corresponding indication should be placed on the respective lane marker(s). For a second false start, the respective competitor(s) shall be disqualified.

Field Event Information

Advancement to Finals

The top (8) best marks will advance to the finals.

Throwing Implements

Throwing implements that comply with required specifications and belong to individuals may be accepted for use in competition. Implements accepted shall lose their identity as privately owned for the duration of the competition. Privately owned javelins are exempt from this loss of identity rule.

There will be an implement weigh-in station.

Implement Specifications:

8 and Under	9-10 yr Old	11-12 yr Old	13-14 yr Old	15-16 yr Old	17-18 yr Old
Shot Put (G): 2kg	Shot Put (G): 6lb	Shot Put (G): 6lb	Shot Put (G): 6lb	Shot Put (G): 4kg	Shot Put (G): 4kg
Shot Put (B): 2kg	Shot Put (B): 6lb	Shot Put (B): 6lb	Shot Put (B): 4kg	Shot Put (B): 12lb	Shot Put (B): 12lb
Mini Jav (G): 300g	Mini Jav (G): 300g	Aero Jav (G) 450g	Javelin (G): 600g	Javelin (G): 600g	Javelin (G): 600g
Mini Jav (B): 300g	Mini Jav (B): 300g	Aero Jav (B) 450g	Javelin (B): 600g	Javelin (B): 800g	Javelin (B): 800g
		Discus (G): 1kg	Discus (G): 1kg	Discus (G): 1kg	Discus (G): 1kg
		Discus (B): 1kg	Discus (B): 1kg	Discus (B): 1.6kg	Discus (B): 1.6kg
				Hammer (G): 4kg	Hammer (G): 4kg
				Hammer (B): 12lb	Hammer (B): 12lb

Pole Vault

In the pole vault we will follow Rule 302.5(n). We will have a field referee inspecting poles prior to warm-up to make sure that the poles are legal equipment. Each competitor will also be required to weigh in, to ensure that the athlete's weight shall be at or below the manufacturer's pole rating.

Vertical Jumps Progressions and Starting Heights

High jump progression will be 5cm, pole vault 15cm (both open and combined events) as stated in Rule 302.5(o) and 302.6(d).

High Jump and Pole Vault starting heights will be determined as set in Rule 302.5(o) and are as follows:

High Jump, Female		High Jump, Male		Pole Vault, Female		Pole Vault, Male	
9-10	0.86m (2' 9 3/4")	9-10	0.88m (2' 10 1/2")	13-14	1.81m (5' 11 1/4")	13-14	2.08m (7' 0")
11-12	1.06m (3' 5 3/4")	11-12	1.08m (3' 6 1/2")	15-16	1.91m (6' 3 3/4")	15-16	3.15m (10' 4")
13-14	1.20m (3' 11 1/4")	13-14	1.31m (4' 3 1/2")	17-18	2.28m (7' 5 3/4")	17-18	3.46m (11' 4")
15-16	1.23m (4' 0 1/2")	15-16	1.43m (4' 8 1/4")				
17-18	1.31m (4' 3 1/2")	17-18	1.58m (5' 2 1/4")				

Combined Events Information

The top two (2) places in the combined events (tri/pent/hep/dec) plus any athletes meeting the performance standard below (in this meet) will qualify for the national meet. The top (5) athletes for the combined events will still receive awards.

Performance Standards for 2025 USATF JO Combined Events

Triathlon 9-10 year old		Pentathlon 11-12 year old		Pentathlon 13-14 year old		Heptahlon/Decathlon 15-16 year old		Heptahlon/Decathlon 17-18 year old	
Girls	954 pts	Girls	2227 pts	Girls	2602 pts	Girls	3727 pts	YW	4237 pts
Boys	534 pts	Boys	1855 pts	Boys	2374 pts	Boys	4538 pts	YM	5619 pts



Track Facility Specifications

Track

This is an 8 lane 400-meter track. All races will utilize Finish Lynx Automatic timing system as primary and back up.

Spikes must be pyramid shaped with a maximum exposed length of ¼ inch. This applies to the long jump, triple jump, high jump and pole vault as well as all running events. Meet officials will enforce this rule. The penalty for this infraction is disqualification.

Long/Triple Jump

The long jump/triple jump will be contested along the north runway (backstretch). We will utilize two pits, either west or east depending on wind.

High Jump

The high jump will be contested on the infield in the east apron. There may be two pits set up.

Pole Vault

The pole vault will be contested in the west apron of track.

Shot Put

The shot put will be contested on the northeast corner outside of the main track facility by the throwing events. The competition circle is cement. There will be a practice ring available.

Discus

Will be contested on the discus circle located outside the track. The competition circle is cement.

Hammer

Will be contested on the hammer circle located outside the track. The competition circle is cement.

Javelin

The javelin will be contested outside the track (north side). The competition runway is an asphalt rubberized surface.

Weighing of Implements

All implements will be weighed and measured in the garage on the west end of the stadium.

Pole Vault – Weigh in and Pole Storage

Weigh in for vaulters will be available in the garage on the west end of the stadium at any time prior to the start of their event. Pole storage will also be available in this spot.

End



2025 USATF JUNIOR OLYMPIC REGION 8 MEET INFORMATION

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
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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 <u>BREAK</u>		
1:05 pm	400 m dash	finals (timed)
2:20 pm	1500m run	finals
3:40 pm	200m dash	prelims

Field Events:

High Jump (2 Pits)		Long Jump (2 Pits)		Pole Vault (1 Pit)
8:00 am	17-18 B/G	8:00 am	15-16 B/G	9:00 am 13-14 B, followed by 17-18M, then 15-16B (there will be appropriate warmup time 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	
Shot Put (2 Rings)		Turbo Javelin		Discus Throw
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:

Jim Walczyk (515) 771-4246
jim.walczyk@gmail.com

Region 8:

Josh Gerber (612) 849-0713
josh@wayzararesults.com



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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 |