

2025 USATF-NJ Junior Olympic Association Meet Schedule:

Second Draft

Sunday June 8th, Hub Stine Field, Plainfield, NJ

Track Events: 8:30am Start - Top 6 Qualify for Region 2

400M Hurdles Final 15-18BG
200M Hurdles Final: 13-14B, 13-14G
3000M Race Walk Final: 13-14B, 13-14G, 15-18
1500M Race Walk Final: 9-10B, 9-10G; 11-12B, 11-12G
3000M Run Final: 11-12B, 11-12G, 13-14B, 13-14G, 15-18BG, 15-18
200M Dash Final: 7-8B, 7-8G, 9-10B, 9-10G, 11-12B, 11-12G, 13-14B, 13-14G, 15-18BG
4x800M Relay Final: 11-12B, 11-12G, 13-14B, 13-14G, 15-18BG
4x100M Relay Final: 7-8B, 7-8G, 9-10B, 9-10G, 11-12B, 11-12G, 13-14B, 13-14G, 15-18BG
400M Dash Final: 7-8B, 7-8G, 9-10B, 9-10G, 11-12B, 11-12G, 13-14B, 13-14G, 15-18BG
1500M Run Final Boys: 7-8B, 9-10B, 11-12B, 13-14B 15-18 BG
100M Dash Semi: 7-8B, 7-8G, 9-10B, 9-10G, 11-12B, 11-12G, 13-14B, 13-14G, 15-18BG
1500M Run Final Girls: 7-8G, 9-10G, 11-12G, 13-14G, (15-18G in conjunction w/ 15-18B)
80M Hurdle Final: 11-12B, 11-12G
100M Hurdle Final: 13-14G, 15-18G, 13-14B
110M Hurdles 15-18B
800M Run Final Boys: 7-8B, 9-10B, 11-12B, 13-14B, 15-18B
800M Run Final Girls: 7-8G, 9-10G, 11-12G, 13-14G, 15-18G
100M Dash Final: 7-8B, 7-8G, 9-10B, 9-10G, 11-12B, 11-12G, 13-14B, 13-14G 15-18
4x400M Relay Final: 7-8B, 7-8G, 9-10B, 9-10G, 11-12B, 11-12G, 13-14B, 13-14G, 15-18

Field Events: 8:30am Start (1 Warm up, 3 attempt rule)

Long Jump: 7-8B, 7-8G, 13-14B, 13-14G, 15-18B, 15-18G, 9-10B, 9-10G, 11-12B, 11-12G (Boys Pit 1, Girls Pit 2)
Triple Jump: 13-14B, 13-14G 15-18BG (following long jump)
300g Mini/Turbo Javelin: 7-8B, 7-8G, 9-10B, 9-10G (infield)
450g Finn Flier Javelin: 11-12B, 11-12G (lower field)
600g Metal Tip Javelin: 13-14B, 13-14G (lower field – following 11-12B, 11-12G)
800g Javelin 15-18GB (lower field)
Discus: 11-12G, 11-12B, 13-14G, 13-14B, 15-18BG
Shot Put: 9-10B, 9-10G, 7-8B, 7-8G, 13-14B, 13-14G, 11-12B, 11-12G, 15-18BG
High Jump: 9-10B, 9-10G, 11-12B, 11-12G, 13-14B, 13-14G, 15-18BG