



USATF REGION 2 CHAMPIONSHIP
JULY 10 - 13, 2025
SLIPPERY ROCK UNIVERSITY
SLIPPERY ROCK, PA

Meet Director: Oronde Sharif – senegal1@pitt.edu Meet Coordinator: Rob Shaviss – president@threerivers.usatf.org Officials Coordinator: Bruce Long – bdlong3@gmail.com Volunteer Coordinator: Steve Meddings – stevemeddings@gmail.com Meet Referee: Latonya Salley-Sharif – nadiatrackfam@gmail.com

ENTRY INFORMATION

All registration must be completed and paid online using www.athletic.net

The TOP 8 athletes in each event/age group and top 8 relay teams at their Association Championship qualify to advance to the Region 2 Championship. Combined events will be open entry.

ENTRY PROCESS: All entries must be completed online at www.athletic.net

On-Time Entry Fees June 15 - July 6, 9:00 PM	Late Entry Fees July 6, 9:01 PM - July 8, 11:59 PM
\$12.00/individual Event	\$22.00 Individual Event
\$25.00 Heptathlon/Decathlon	\$35.00 Heptathlon/Decathlon
\$20.00 Triathlon/Pentathlon	\$30 Triathlon/Pentathlon
\$48.00 Relay	\$58.00 Relay
RELAYS A minimum of 4 and a maximum of 6 athletes may be entered for the cost of the relay.	

Entries beyond the late entry deadline will not be permitted. 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. An instructional video on the online registration process may be accessed by visiting,
<https://support.athletic.net/category/2hpchxju2v-event-registration>

NOTE: Combined Events are an open event at the Region II Championship. Combined events may not be contested in your local Association Championships, however, athletes must be registered for the local Association meet in order to advance to the Region 2 Championships.

SPECTATOR ADMISSION: \$10.00/day (Thursday-Friday-Saturday-Sunday)

Athletes with competitor number & children under 12 free.

Coach Credentials:

In order for a coach to be eligible to receive a "Coach Credential (wristband)" at this event, the following criteria must be met:

- Education Standard must be completed no later than July 1, 2025
- Coaches must be listed on the USATF Coaches Registry list.

PACKET PICK-UP

Day/Time	Track	Fairfield Inn Slippery Rock
July 9 Wednesday		6:00 PM - 8:00 PM
July 10 Thursday	7:00am-11:00am	6:30 PM - 8:00 PM
July 11 Friday	7:00am-4:00pm	6:30 PM - 8:00 PM
July 12 Saturday	7:00am-3:00pm	
July 13 Sunday	8:00am-10:00am	

COACHES MEETING: Clerking Tent Daily prior to start of events

ATHLETE BIB NUMBERS

Athlete bib numbers must be worn on front unless otherwise instructed. The same number will be used for ALL days of the meet.

Replacement numbers - \$10.00

IMPLEMENTS: Meet management will provide implements

Implement weigh-in will be in the garage accessible from the parking lot.

Weights & Measures Begins: Thurs – 7:30 AM; Friday – 7:00 AM; Saturday – 7:00 AM; Sunday – 7:00 AM

- Personal implements may be used and must be weighed and approved prior to competition each day.
- All competitors must use blocks and batons provided by meet management.

Blocks & Batons: Meet Management will provide blocks and batons.

TRAINERS

Medical volunteers and/or Slippery Rock University trainers will be stationed at locations in the competition area.

PROTESTS

Protests must be filed within 30 minutes of posting of final results. There will be a \$50.00 cash fee required to file a protest. Protest must be in writing with specific rule in question stated. The fee will be refunded if the protest is upheld.

AWARDS

Junior Olympic Medals for 1st - 5th places and ribbons for 6th - 8th place.



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EVENT CHECK-IN

The event schedule is a rolling schedule. Athletes, parents, and coaches need to be aware of what events are taking place on the track and in the field events to ensure all athletes are properly checked in for their events on time. If you are unsure, visit the field event venue for field events or check with the head clerk for track events.

- Check-in will begin on the 1st call for the event and close 45 minutes after the first call is made.
 All athletes, coaches and/or parents must listen for the announcements.
 - Athletes must report "Race Ready". No bags or personal items. All electronic equipment is prohibited in the competition areas. •
- Calls will be as follows:

o **1st Call** – Athletes report, check in with the clerk in the tent and warm-up on the infield

o **2nd Call**- Athletes should all be checked in by the clerk in the tent

o **Final Call** – All athletes should be checked in and in the clerking tent. Heat/lane assignments and hip numbers. • **The event will**

be officially closed by the clerk of course no sooner than 45 minutes after the first call. If an athlete has not reported by this time, he/she will be scratched.

- **Event Conflicts – if your athlete is in two events happening at the same time**
 - o Check into **BOTH** events – check in with the head clerk for track events and the head official at the field event
 - o Inform both officials of the conflict.
 - o Meet staff will assist the athlete to manage the conflict.
 - o Remember to inform all officials involved – meet management may assist if they know about the conflict.
 - o Immediately after completing a running event, you must return to your field event.
- **If athletes are in two events in close proximity**
 - o For two track events – tell the clerk you are checking in for both events at the same time.
 - o For a track and a field event use the procedure for the conflict above.
- No parents or coaches will be permitted in the clerking area.
- Upon closing of a preliminary/semi round track event by the clerk of course, those preliminaries/semis having eight (8) or fewer contestants will be passed on to finals. In such cases only athletes properly checked into the event by the clerk of course prior to closing the preliminary/semi will be eligible to compete in the final.
- **In the instance of events with 8 or fewer contestants , the final will be conducted at the scheduled time for the preliminary/semi round.**
- **Relay Check-in:**
 - o All four members must report together race ready, in uniform and wearing their bib number
 - o Uniforms will be reviewed per rule 302.3.d

STARTING HEIGHTS & PROGRESSIONS – BOYS HIGH JUMP & POLE VAULT

Division	Boys High Jump 20 cm below 2024 Performance Standard Rule 302.5.O			Boys Pole Vault 60 cm below 2024 Performance Standard Rule 302.5.O	
	Standard	Opening Height		Standard	Opening Height
9 - 10B	1.08m	0.88m		-	-
11 - 12B	1.28m	1.08m		-	-
13 - 14B	1.51m	1.31m		2.68m	2.08m
15 - 16B	1.63m	1.43m		3.75m	3.15m
17 - 18B	1.78m	1.58m		4.06m	3.46m

PROGRESSIONS – BOYS HIGH JUMP

Division	Open Height	1	2	3 4	5	6	7	8	9	10	11
9 - 10B	0.88m	0.93	0.98	1.03 1.08	1.13	1.18	1.23	1.28	1.33	1.38	1.43
11 - 12B	1.08m	1.13	1.18	1.23 1.28	1.33	1.38	1.43	1.48	1.53	1.58	1.63
13 - 14B	1.31m	1.36	1.41	1.46 1.51	1.56	1.61	1.66	1.71	1.76	1.81	1.86
15 - 16B	1.43m	1.48	1.53	1.58 1.63	1.68	1.73	1.78	1.83	1.88	1.93	1.98
17 - 18B	1.58m	1.63	1.68	1.73 1.78	1.83	1.88	1.93	1.98	2.03	2.08	2.13



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PROGRESSIONS – BOYS POLE VAULT

Division	Open Height	1	2	3 4	5	6	7	8	9	10	11
13 - 14B	2.08m	2.23	2.38	2.53 2.68	2.83	2.98	3.13	3.28	3.43	3.58	3.73
15 - 16B	3.15m	3.30	3.45	3.60 3.75	3.90	4.05	4.20	4.35	4.50	4.65	4.8
17 - 18B	3.46m	3.61	3.76	3.91 4.06	4.21	4.36	4.51	4.66	4.81	4.96	5.11

STARTING HEIGHTS – GIRLS HIGH JUMP & POLE VAULT

Division	Girls High Jump 20 cm below 2024 Performance Standard Rule 302.5.O		Girls Pole Vault 60 cm below 2024 Performance Standard Rule 302.5.O	
	Standard	Opening Height	Standard	Opening Height
9 - 10G	1.06m	0.86m	-	-
11 - 12G	1.26m	1.06m	-	-
13 - 14G	1.40m	1.20m	2.41m	1.81m
15 - 16G	1.43m	1.23m	2.51m	1.91m
17 - 18G	1.51m	1.31m	2.88m	2.28m

PROGRESSIONS – GIRLS HIGH JUMP

Division	Open Height	1	2	3 4	5	6	7	8	9	10	11
9 - 10G	0.86m	0.91	0.96	1.01 1.06	1.11	1.16	1.21	1.26	1.31	1.36	1.41
11 - 12G	1.06m	1.11	1.16	1.21 1.26	1.31	1.36	1.41	1.46	1.51	1.56	1.61
13 - 14G	1.20m	1.25	1.30	1.35 1.40	1.45	1.50	1.55	1.60	1.65	1.70	1.75
15 - 16G	1.23m	1.28	1.33	1.38 1.43	1.48	1.53	1.58	1.63	1.68	1.73	1.78

17 - 18G	1.31m	1.36	1.41	1.46 1.51	1.56	1.61	1.66	1.71	1.76	1.81	1.86
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PROGRESSIONS – GIRLS POLE VAULT

Division	Open Height	1	2	3 4	5	6	7	8	9	10	11
13 - 14B	1.81m	1.96	2.11	2.26 2.41	2.56	2.71	2.86	3.01	3.16	3.31	3.46
15 - 16B	1.91m	2.06	3.45	2.36 2.51	2.66	2.81	2.96	3.11	3.26	3.41	3.56

17 - 18B 2.28m 2.43 2.58 2.73 2.88 3.03 3.18 3.48 3.63 3.78 3.78 3.93



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HEAT/LANE ASSIGNMENTS

Heat/Lane Assignments will be done according to USATF Rule 303.1.k

The following procedure shall be used in assigning lanes:

- The first round is random draw even if the event is a final
- Seeding of Finals

The inner 4 lanes (3-4-5-6) will be a random draw on the highest ranked competitors based on the ranked list for forming heats for the round; The 2nd Draw is a random draw for lanes 2 & 7; The 3rd Draw is a random draw for lanes 1 & 8.

Advancement to Finals	
Trial Heats	Advancement Formula
1	Run as timed final at scheduled prelim time
2	Top 3/heat next 2 best times
3	Top 2/heat next 2 best times

4 Heat Winner plus next best times

SCHEDULE OF EVENTS

DAY 1 – THURSDAY JULY 10 COMBINED EVENTS:

First Call 8:45 AM; Event Start 9:30 AM

Heptathlon - 15-16 Girls & 17-18 Girls 100M Hurdles, High Jump, Shot Put, 200M Dash

Pentathlon 13-14 Girls & Boys First Call 9:00 AM; Event Start 9:45 AM

100M Hurdles; Shot Put; High Jump; Long Jump; 800M (G); 1500M (B)

Pentathlon 11-12 Girls & Boys First Call 10:15 AM with events beginning at 11:00 AM

80M Hurdles, Shot Put, High Jump; Long Jump; 800M(G);1500M(B)

Decathlon -15-16 Boys & 17-18 Boys First Call 10:45 AM; Event Start 11:30 AM

100M Dash; Long Jump, Shot Put, High Jump; 400M Dash

DAY 2 – FRIDAY JULY 11 COMBINED EVENTS:

Decathlon: 15-16 Boys & 17-18 Boys

First call at 8:15 AM with events beginning 9:00 AM

110 M Hurdles, Discus, Pole Vault, Javelin and 1500M

Heptathlon - 15-16 Girls & 17-18 Girls: First call at 9:00 AM with events beginning 9:45 AM

Long Jump, Javelin and 800M Run

Triathlon 9-10 Girls: First call 8:15 AM with events beginning 9:00 AM

Triathlon 9-10 Boys: First call 9:15 AM with events beginning at 10:00 AM

Shot Put; High Jump; 200M (G); 400M (B)

DAY 2 – FRIDAY JULY 11 FIELD EVENTS:

First Call for Field 8:15 AM with events beginning at 9:00 AM

Hammer: 15-16G; 17-18W; 15-16B; 17-18M

Javelin (after Hammer): 9-10 G/B; 8U G/B

First Call 7:45 AM with events beginning at 8:30 AM

Long Jump: 8U G/B; 11-12 G/B; 15-16 G/B; 9-10 G/B

DAY 2 – FRIDAY JULY 11 TRACK EVENTS:

First Call for Track 8:45 AM, events begin 9:30 AM

1500M Race Walk Final: 9 -10 G -B; 11 -12 G -1B

3000M Race Walk Final: 13 -14 G -B; 15 -16 G -B; 17 -18 G/B

2000M Steeplechase Final - 13-14G; 15-16G; 17-18G; 13-14B; 15-16B; 17-18B

4x800M Relay: 11-12-G/B; 13-14-G/B; 15-16-G/B; 17-18G/B



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SCHEDULE OF EVENTS

Track events will run Girls followed by Boys unless otherwise noted

DAY 3 -SATURDAY JULY 12 FIELD EVENTS

Field Events First Call 8:15 AM, 9:00 AM Start

Long Jump - 17-18 G/B; 13-14 G/B

Triple Jump 15-16G/B (after completion of LJ)

Discus - 13-14G/B; 15-16G/B; 17-18G/B

High Jump 11-12G/B; 17-18G/B; 13-14G/B

Field Events First Call 8:15 AM, 9:00 AM Start

Shot Put - 9:00AM - 8UG/B; 9-10G/B; 11-12G/B

Pole Vault - 9:00 AM: 13-14G; 15-16G; 17-18G

First Call 9:15 AM; 10:00 AM Start

Aero Javelin - 11-12G/B Javelin – 13-14G/B; 15-16G/B

Field Events First Call 11:45 AM; 12:30 PM Start

Pole Vault 13-14B; 15-16B; 17-18B

DAY 3 -SATURDAY JULY 12 TRACK EVENTS

First Call Track 8:15 AM, events begin at 9:00 AM

100M Dash Semi - All Divisions

3000M Run Final - 11-12G/B; 13-14G/B; 15-16G/B; 17-18G/B

400M Hurdles Semi - 15-16B; 17-18B; 15-16G; 17-18G

200M Hurdles Semi - 13-14G/B

200M Dash Semi - All Divisions

4x100M Relay Final - All Divisions

4x100M Relay Final MG 15/16; 17/18

110M Hurdles Semi - 15-16B; 17-18B

100M Hurdles Semi - 13-14G/B; 15-16G; 17-18G

80 M Hurdles Semi - 11-12G/B

400M Dash Semi - All Divisions



DAY 4 - SUNDAY JULY 13 FIELD EVENTS

First Call 8:15 AM, 9:00 AM Start

Triple Jump - 13-14G/B; 17-18G/B

High Jump - 9-10G/B; 15-16G/B

Shot Put - 15-16G/B; 17-18G/B; 13-14G/B

Discus - 11-12G/B

Field Events (after completion of Discus)

Javelin -17-18 G/B

DAY 4 - SUNDAY JULY 13 TRACK EVENTS

Track Events - First Call 8:15 AM, 9:00 AM Start

100M Dash Final - All Divisions

400M Hurdles Final - 15-16B; 17-18B; 15-16G; 17-18G

200M Hurdles Final - 13-14G; 13-14B

1500M Run Final - All Divisions

400M Dash Final - All Divisions

110M Hurdles Final - 15-16B; 17-18B

100M Hurdles Final - 13-14G; 13-14B; 15-16G; 17-18G

80M Hurdles Final - 11-12G; 11-12B

800M Dash Final - All Divisions

200M Dash Final - All Divisions

4x400M Relay Final - All Divisions

4X400M Relay MG 15/16; 17/18

National Advancement: All advancement done online using www.athletic.net

The 2025 USATF National Junior Olympic Championship will be held July 21 - July 27 at Savannah State University, Ted Wright Stadium

Information on the meet is on the USATF website at: <https://www.usatf.org/events/2025/2025-usatf-national-junior-olympic-track-field-cha>

NATIONAL ENTRY FEES: \$10.00 Individual Event; \$40.00 Relay; \$26.00 Heptathlon/Decathlon; \$22.00 Triathlon/Decathlon

Individual Advancement - Top 5 individuals in each event/division.

Relay Teams - Top 8 teams in each division advance.

Combined Events - Top 2 advance on place; 3rd place must meet qualifying standard to advance.

COMBINED EVENTS STANDARDS

	Girls	Boys	15-16	17-18
9-10 Triathlon	860	534 Heptathlon (G)	3727	4236
11-12 Pentathlon	2227	1855 Decathlon (B)	4538	5619
13-14 Pentathlon	2602	2374		

DIRECTIONS TO SLIPPERY ROCK UNIVERSITY

From Philadelphia & New Jersey Area: *To Cranberry:* PA Turnpike to Exit28; Continue on US-19

From New York: *To Cranberry:* I90 West to I79 South; Exit 78-77 on I79 to PA229 West to US 19

DIRECTIONS TO SLIPPERY ROCK UNIVERSITY FROM CRANBERRY

I79 North to Exit 105; Follow PA108 East to Slippery Rock; Turn Right onto Main Street; Turn Left onto Kiester Road



FACILITY INFORMATION

William Lennox Track

inside Mihalik-Thompson Stadium

Stadium Capacity: 10,000 **Timing:** Lynx, provided by Trackqua **Track:** All Weather, 8 lanes **Spikes:** 1/4" pyramid only

Field: Concrete Discus, Shot and Hammer circles

Field: Javelin - 2 surfaces available

(internal stadium - all weather runway/grass landing) (external stadium - grass runway/grass landing)

Field: Long Jump, Triple Jump, Pole Vault, High Jump: All Weather Surface

● TENTS IN DESIGNATED AREAS OF HOME BLEACHERS ONLY

- Slippery Rock University is a smoke free campus and the stadium complex is a "SMOKE FREE ZONE" - which includes vape devices. ● No alcohol, tobacco, THC, firearms/weapons are permitted in the stadium, parking lots, or immediate athletic facilities. ● Coolers are permitted. Glass containers are PROHIBITED.
- Please remove all garbage from your area before you leave daily.
- Trash bags available at the registration table.
- Concessions are available on site.
- Grilling, or any open fires, is PROHIBITED.
- Pets are PROHIBITED inside gated areas and competition fields.
- Profanity within all competition and spectator areas is PROHIBITED.
- Bicycles, skateboards, roller blades or scooters are PROHIBITED in gated areas.
- Climbing on fences, bleachers, trees or railings is PROHIBITED.
- Throwing or hitting balls of any kind into the fences is PROHIBITED.
- Hitting golf balls is PROHIBITED inside the complex.
- Driving stakes into the field is PROHIBITED.
- Weapons are PROHIBITED on the property.
- Trespassing after hours is PROHIBITED.
- Disrespect towards Officials and Athletes is PROHIBITED.
- Park only in designated areas within the parking lots. Vehicles parked on the grass and/or curbsides are subject to ticketing or towing.

<https://rockathletics.com/facilities/william-c-lennox-track/120>

Free Parking in the Lower Stadium Lots; Upper Lot reserved for Officials and Handicap with visible decals only.

HOTEL INFORMATION

Fairfield Inn & Suites – Marriott

1000 University Park

Slippery Rock, PA 16057

724-406-0535

King: \$179.00 plus tax – (includes hot breakfast)

Double Queen: \$189.00 plus tax - (includes hot breakfast)

Rate expires: end of day 4pm June 30, 2025

Check-in dates start at: Wednesday, July 9

Block Code: Three Rivers Regional



Wingate by Wyndham Grove City

118 Garrett Drive
Grove City, PA 16127
724-748-1005

****If guest stays from July 9-13**

King: \$117 night plus tax

Double Queen beds: \$120 night plus tax

****If guest stays from July 11 & 12**

King: \$125 night plus tax

Double Queen beds: \$129 night plus tax

Rates include hot breakfast

Rate expires: June 30, 2025

Pittsburgh Marriott North

100 Cranberry Woods Drive
Cranberry Township, PA 16066
724-772-3700

Double Queen - \$159.00 plus tax

(includes "Grab & Go" breakfast)

Block Code: USATF-THREE RIVERS TRACK AND FIELD

Rate expires: Tuesday, July 1, 2025

Check-in dates start at: Wednesday, July 9

[Book your group rate for USATF-THREE RIVERS TRACK AND FIELD](#)

Comfort Inn Cranberry Township

924 Sheraton Drive
Mars, PA 16046
724-772-2700

Doubles/Kings - \$109.00 plus tax (includes hot breakfast)

Block Code: USA Track & Field 2025

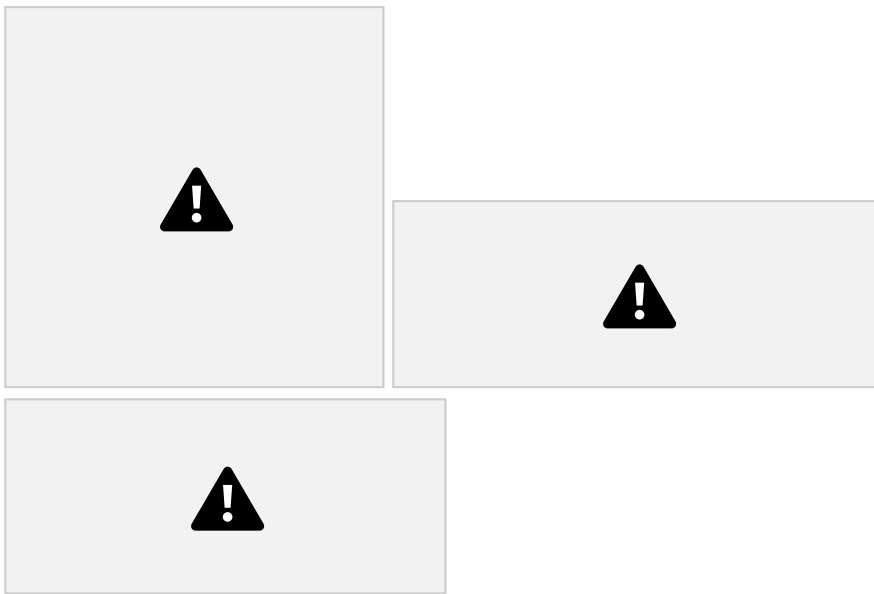
Rate expires: July 1, 2025

Check-in date begin: Wednesday, July 9

<https://www.choicehotels.com/reservations/groups/OZ66D4>



**USATF Three Rivers welcomes the leadership, competitors, officials, coaches and parents from
USATF Mid-Atlantic, USATF New Jersey, and USATF Niagara.**



USATF Region 2 Junior Olympic Track and Field Championships

- The Region 2 Championships comprise youth athletes from Mid-Atlantic, New Jersey, Niagara, and Three Rivers Associations who qualified by advancing from their respective Association Championships. The meet location will be in Slippery Rock, PA.
- The Top 8 individuals and relay teams advance from Association Championships to the Regional Championship.

USATF National Junior Olympic Track and Field Championships

- The National Championships comprise youth athletes from all over the United States who qualified by advancing from their respective Regional Championships.
- [USATF Rule 306.2\(g\)](#) Advancement to the National Junior Olympic Track and Field Championship shall be by Association Championship to Regional Championship to National Junior Olympic Track and Field Championship.
- [USATF Rule 306.2\(d\)](#) Track and field shall advance five (5) individuals and five (5) relay teams from each Regional to National. These shall be the top five finishers in each event. The combined events shall advance the top two placed individuals and any others who meet a performance standard at the Regional Championship. The performance standard for the combined events is the average of the 8th place in the last three National Junior Olympic Championships.
- ***For the 2025 outdoor season - The top eight (8) finishers in each track and field event. ● USATF National Junior Olympic Track and Field Championships - July 21st-27th in Savannah, GA on the campus of Savannah State University.