



2022 USATF REGION 4 JUNIOR OLYMPIC TRACK & FIELD CHAMPIONSHIPS

July 07-10, 2022

Winthrop University, Rock Hill, SC



THURSDAY, July 7, 2022

Schedule of Events

Combined Events:

- 9:00 AM** 15-16G & 17-18W Heptathlon (Day 1)
 100m Hurdles (33")
 High Jump
 Shot Put (4kg)
 200m Dash
- 9:30 AM** 13-14B & 13-14G Pentathlon
 100m Hurdles (30" (G) / 33" (B))
 Shot Put (6lb (G) / 4kg (B))
 High Jump
 Long Jump
 800m (G) / 1500m (B) Run
- 10:00 AM** 15-16B & 17-18M Decathlon (Day 1)
 100m Dash
 Long Jump
 Shot Put (12lb)
 High Jump
 400m Dash

Advancement to the finals in the 100,200,400, short hurdles, and long hurdles events shall be in accordance with Rule 303.1(h) in the [USATF Competition Rules](#).

All starting blocks and relay batons are provided. Do not bring your own.

Age Divisions Guide:

- | | |
|--------|------------------------|
| 7-8G | 7-8 Year Old Girls |
| 7-8B | 7-8 Year Old Boys |
| 9-10G | 9-10 Year Old Girls |
| 9-10B | 9-10 Year Old Boys |
| 11-12G | 11-12 Year Old Girls |
| 11-12B | 11-12 Year Old Boys |
| 13-14G | 13-14 Year Old Girls |
| 13-14B | 13-14 Year Old Boys |
| 15-16G | 15-16 Year Old Girls |
| 15-16B | 15-16 Year Old Boys |
| 17-18G | 17-18 Year Old Women** |
| 17-18M | 17-18 Year Old Men** |

Note: **17-18 athletes must still be 18 on July 31st, last day of the USATF Junior Olympic Championships.

Check the USATF South Carolina website (<http://usatfsc.org>) daily for schedule revisions. This is particularly true in the case of schedule changes due to inclement weather.

NOTE: ANY TRIAL RUNNING EVENT WITH 8 OR LESS ENTRANTS WILL BE RUN AS A FINAL THE DAY OF TRIAL EVENT.

*** Events can run up to 30 minutes ahead of schedule ***



Friday, July 08, 2022
Schedule of Events



Combined Events:

9:00 AM 15-16B & 17-18M Decathlon
110m Hurdles (39")
Discus Throw (1.6kg)
Pole Vault
Javelin Throw (800g)
1500m Run

9:00 AM 15-16G, 17-18W Heptathlon
Long Jump
Javelin Throw (600g)
800m Run

9:30 AM 11-12G & 11-12B Pentathlon
80m Hurdles (30")
Shot Put (6lb)
High Jump
Long Jump
800m (G) / 1500m (B) Run

11:00 AM 9-10G Triathlon
Shot Put (6lb)
High Jump
200m (G) / 400m (B) Dash

11:45 PM 9-10B Triathlon
Shot Put (6lb)
High Jump
200m (G) / 400m (B) Dash

Field Events:

Pole Vault

1:30 PM 13-14G [Open: 1.75m]

4:00 PM 13-14B [Open: 2.25m]

Track Events:

10:00 AM 3000m Racewalk Finals
13-14G/B, 15-16G/B, 17-18W/M

10:30 AM 1500m Racewalk Finals
9-10G/B, 11-12G/B

11:00 AM 2000m Steeplechase
15-16G & 17-18W (30")
15-16B & 17-18M (36")

12:30 PM 200m Dash Qualifying
All Age Groups

4:00 PM 4x100m Relay Finals
All Age Groups

5:00 PM 800m Run Finals
All Age Groups

Field Events:

Shot Put

2:30 PM 13-14B (4kg)

3:45 PM 11-12B (6lb)

5:00 PM 11-12G (6lb)

6:15 PM 13-14G (6lb)

Hammer Throw

2:30 PM 15-16B (12lb) & 17-18M (12lb)

4:30 PM 15-16G (4kg) & 17-18W (4kg)

Javelin Throw

3:30 PM 8&UG (300g, Runway #1)

3:30 PM 8&UB (300g, Runway #2)

4:45 PM 9-10G (300g, Runway #1)

4:45 PM 9-10B (300g, Runway #2)

NOTE: ANY TRIAL RUNNING EVENT WITH 8 OR LESS ENTRANTS WILL BE RUN AS A FINAL THE DAY OF TRIAL EVENT.



Saturday, July 09, 2022 Schedule of Events



Track Events:

8:00 AM 3000m Run Finals
11-12G/B, 13-14G/B, 15-16G/B, 17-18W/M

9:45 AM Short Hurdle
110m (39") 15-16B (Q), 17-18M (Q)
(Q) : Qualifier 13-14B (F), 15-16G (Q),
(F) : Final 100m (33") 17-18W (Q)
100m (30") 13-14G (Q)
80m (30") 11-12G (F), 11-12B (F)

11:00 AM 400m Dash Qualifying
All Age Groups

1:00 PM 100m Dash Qualifying
All Age Groups

2:30 PM 4x800m Relay
11-12G/B, 13-14G/B, 15-16G/B, 17-18W/M

3:00 PM Long Hurdle Qualifying
200m (30") 13-14G, 13-14B
400m (30") 15-16G, 17-18W
400m (36") 15-16B, 17-18M

Field Events:

High Jump

8:00 AM 17-18W [Open: 1.35m]

9:30 AM 11-12G [Open: 1.10m]

11:30 AM 17-18M [Open: 1.60m]

12:30 PM 11-12B [Open: 1.10m]

2:30 PM 13-14B [Open: 1.35m]

Pole Vault

10:00 AM 15-16G [Open: 1.95m]

1:00 PM 15-16B [Open: 3.00m]

Field Events:

Long Jump

9:00 AM 15-16B (Pit #1)

9:00 AM 9-10G (Pit #2)

10:30 AM 9-10B (Pit #1)

12:00 PM 13-14B (Pit #1)

1:30 PM 17-18M (Pit #1)

3:00 PM 11-12B (Pit #1)

3:00 PM 11-12G (Pit #2)

Triple Jump

10:30 AM 13-14G (Pit #2)

12:00 PM 15-16G (Pit #2)

1:30 PM 17-18W (Pit #2)

Shot Put

9:00 AM 17-18M (12lb)

10:30 AM 15-16B (12lb)

12:00 PM 8&UG (2kg)

1:30 PM 8&UB (2kg)

Discus Throw

9:00 AM 15-16G (1kg)

10:30 AM 17-18W (1kg)

12:00 PM 11-12G (1kg)

1:30 PM 11-12B (1kg)

Javelin Throw

9:00 AM 13-14G (600g)

10:30 AM 13-14B (600g)

12:00 PM 15-16G (600g)

1:30 PM 17-18W (600g)

NOTE: ANY TRIAL RUNNING EVENT WITH 8 OR LESS ENTRANTS WILL BE RUN AS A FINAL THE DAY OF TRIAL EVENT.

***** Events can run up to 30 minutes ahead of schedule *****



**Sunday July 10, 2022
Schedule of Events**

South Carolina
Just right.

Track Events:

- 8:00 AM** 1500m Run Finals (All Divisions)
- 10:00 AM** Short Hurdles Finals (All Divisions)
- 10:45 AM** 100m Dash Finals (All Divisions)
- 11:30 AM** 400m Dash Finals (All Divisions)
- 12:45 PM** 200m Hurdles Finals (All Divisions)
- 12:55 PM** 400m Hurdles Finals (All Divisions)
- 1:15 PM** 200m Dash Finals (All Division)
- 2:15 PM** 4x400m Relay Finals (All Divisions)

Field Events:

Long Jump

- 8:30 AM** 8&UB (Pit #1)
- 8:30 AM** 13-14G (Pit #2)
- 10:00 AM** 15-16G (Pit #1)
- 11:30 AM** 17-18W (Pit #1)
- 1:00 PM** 8&UG (Pit #1)

Triple Jump

- 10:00 AM** 17-18M (Pit #2)
- 11:30 AM** 15-16B (Pit #2)
- 1:00 PM** 13-14B (Pit #2)

Pole Vault

- 9:00 AM** 17-18W [Open: 2.35m]
- 11:30 AM** 17-18M [Open: 3.55m]

Field Events:

High Jump

- 8:30 AM** 15-16B [Open: 1.50m]
- 10:00 AM** 9-10B [Open: 0.90m]
- 11:00 AM** 9-10G [Open: 0.90m]
- 12:00 AM** 15-16G [Open: 1.25m]
- 1:30 PM** 13-14G [Open: 1.20m]

Shot Put

- 8:30 AM** 15-16G (4kg)
- 10:00 AM** 17-18W (4kg)
- 11:30 AM** 9-10B (6lb)
- 1:00 PM** 9-10G (6lb)

Discus Throw

- 8:30 AM** 17-18M (1.6kg)
- 10:00 AM** 15-16B (1.6kg)
- 11:30 AM** 13-14B (1kg)
- 1:00 PM** 13-14G (1kg)

Javelin Throw

- 8:30 AM** 11-12G (450g)
- 10:00 AM** 11-12B (450g)
- 11:30 AM** 17-18M (800g)
- 1:00 PM** 15-16B (800g)

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Opening Heights - Verticals



Opening Heights for High Jump and Pole Vault are defined by USATF.

2022 USATF Competition Rules

Rule 302.5(o):

In the National Youth Athletics Championship and the National Junior Olympics Championship the starting heights in the High Jump and Pole Vault shall be 10cm and 30cm, respectively, below the Youth Outdoor Performance Standard established by the Youth Athletics Division at the USATF Annual Meeting. In the Regional Junior Olympics Championships the starting heights in the High Jump and Pole Vault shall be 20cm and 60cm, respectively, below the Youth Outdoor Performance Standard. Increment increases in all stated Championships shall be 5cm in the High Jump and 15cm in the Pole Vault.

Boys / Men

	High Jump		Pole Vault	
	Standard	Opening Height	Standard	Opening Height
8UB	-	-	-	-
9-10B	1.1m	0.90m	-	-
11-12B	1.3m	1.10m	-	-
13-14B	1.55m	1.35m	2.85m	2.25m
15-16B	1.7m	1.50m	3.60m	3.00m
17-18M	1.8m	1.60m	4.15m	3.55m

Girls / Women

	High Jump		Pole Vault	
	Standard	Opening Height	Standard	Opening Height
8UB	-	-	-	-
9-10G	1.1m	0.90m	-	-
11-12G	1.3m	1.10m	-	-
13-14G	1.4m	1.20m	2.35m	1.75m
15-16G	1.45m	1.25m	2.55m	1.95m
17-18W	1.55m	1.35m	2.95m	2.35m

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