

**2025 USATF Region 7 Junior Olympic
T&F Championships
Proviso East High School
807 S. 1st Avenue
Maywood, Illinois 60153
July 10-13, 2025
(revised 7/8/2025)**

Combined Events Schedule

Special Note: Athletes are allowed in the facility at 8:30 am. They can start their warmups, Competitions start at 9:00 am. Implements can be weighed in starting at 8:30 am.

Day # 1 Thursday, July 10

9:00 am Heptathlon	10:00 am Pentathlon	11:00 am Decathlon
15-18 (G)	13-14	15-18 (B)
100H	100H	100
HJ	SP	LJ
SP	HJ	SP
200	LJ	HJ
	800 (G)/1500 (B)	400

Day #2 Friday, July 11

9:00 am	10:00 am	11:00 am:	1:00 pm
Decathlon	Pentathlon	Heptathlon	Triathlon
15-18 (B)	11-12	15-18 (G)	9-10
110H	80H	LJ	SP
DT	SP	JT	HJ
PV	HJ	800	200(G)/400(B)
JT	LJ		
1500	800(G)/1500(B)		

- **Day of** meet registration will not be accepted.
- **Fees:** Triathlon (9-10 \$21), Heptathlon (15-18 \$26), Pentathlon (11-14...\$21) and Decathlon (15-18\$26).
- **The top** three (3) finishers automatically qualify for the national meet. Additionally, those making the qualifying standard advances.
- **USATF Membership** is required.

Special/Different Location Hammer Throw & Javelin

The Hammer Throw (ages 15-18, boys followed by girls)

Javelin (ages 13-18, girls followed by boys).

Location: Lewis University
One university Pkwy
Romeoville, Illinois
Friday, July 11, 2025
3:00 pm

2025 Region 7 Running & Field Events

- **Event Registration:** Registration/entry for running and field events is at the following site:
<https://www.athletic.net/TrackAndField/meet/614379/register>
- **Para Olympic:** We are offering PARA ambulatory and wheelchair events in addition to our regularly scheduled events. PARA athletes can compete in the following events: 100, 200, 400 and shot put. After PARA athletes are registered online, please email the office (usatfil@sbcglobal.net) advising of ambulatory or wheelchair status so that necessary adjustments can be made. It is the guardian's responsibility to register and pay for the event(s) on the registration site prior to the deadline. On site (day of event) registration will not be accepted.
- The deadline is Tuesday, July 8, 2025, at 5:00 pm. Day of meet registrations will not be accepted.
- **Fees:** Individual events are \$13.00 each. Relays are \$52.00.
- **Packet Pickup:** Saturday and Sunday at 7:00 a.m. at the track. Please allow enough time for pickup before each event.
- **Admission:** The admission fees are cash only as follows:

Thursday & Friday	\$ 5.00 daily (ages 5 & up)
Saturday & Sunday	\$10.00 daily (ages 5 & up)
All days	Children 4 & under are free

- **Coaches** whose names appear on the Coaches Registry are admitted free. Pending approvals are not accepted.
- **Starting Heights:** To be determined by the field judge for each age division at each event.
- **Medical:** A medical trainer will be on site and available where needed.
- **PROTESTS:** There is a **\$100.00 (cash)** fee for all protests. Checks will not be accepted. Protests must be submitted to the Protest Referee within 30 minutes of a result that is announced or posted. The protest fee will be refunded if the protest is upheld. Judgment calls cannot be protested. Only rule violations can be protested and you must cite the rule that is in violation. All protests must be presented by the head coach if the athlete is on a team or parent/coach if the athlete is unattached.
- **T-Shirts:** Fine Designs will sell "Region 7 Junior Olympic Championship" t-shirts.
- **National Jr. Olympics Qualification:** The JO National Championship, will be contested July 21- July 27, in Savannah, Georgia. The top eight (8) in each event, except PARA, athletes can advance. For multi-events, the top three (3) along with those that make the qualifying standard can advance.
- **Athletes 10 & Under:** must be picked up by a parent or coach after each competition. They will be held in the hipping and clerking area.

- **Additional Information/Contacts:**

Brenda Kimbrough, Regional Coordinator
bbkimbrough@gmail.com

Art Pahl, Vice President Operations
pahlac58@gmail.com

Marc Jones, Youth Chair,
aj19423265@gmail.com

Jamero Rainey, Officials
Jamrainey21@gmail.com

Event Schedule (rev 6/28/2025)

Coaches' meeting at 8:30 am, on Saturday near the start/finish line.

Saturday, July 12

Running Events (9 am)

****200 (P)** (Indiana only, note 5)**

3000 (F)

100 (P)

200H (F)

400H (F)

800 (F)

100 (F)

4x800 (F)

4x100 (F)

4x400 Mixed (F)

Field Events (9 am)

LJ (0-10)

Triple Jump (All)

Pole Vault (Boys)

High Jump (Girls)

Shot Put (Boys)

Discus (Girls)

Javelin (11-12G,

11--12B, 9-10G, 9-

10B, 8&UG, 8&UB)

Sunday, July 13

Running Events (9 am)

Steeplechase (F)

Race Walks (F)

110/100/80H (P)

10 Minute Intermission

80/100/110H (F)

400 (F)

1500 (F)

200 (F)

4x400 (F)

4x100 Mixed (F)

4x800 Mixed (F)

Field Events (9 am)

Long Jump (11-18)

High Jump (Boys)

Shot Put (Girls)

Discus (Boys)

Pole Vault (Girls)

Notes:

- 1. Unless otherwise noted, the starting order shall be younger to older, girls followed by boys per age group.**
- 2. Athletes participating in field events must provide their own implements.**
- 3. Schedules are subject to change. It is your responsibility to continue to check for recent updates.**
- 4. We reserve the right to remove any athlete, parent or coach displaying unsportsmanlike conduct.**
- 5. **The 200m prelim, for Indiana athletes only, will be conducted for age groups that have 13 or more registered athletes.**

Key — P = Prelim, F = Finals