



# 2026 USATF Region 3 Junior Olympic Championships



**Thursday - Sunday, July 2-5, 2026**  
**Prince George's Sports and Learning Center**  
**8001 Sheriff Rd, Landover, MD 20785**

## AGE DIVISIONS & ELIGIBILITY REQUIREMENTS:

### Age Divisions

8 & under (born 2018)
9 - 10 (born 2016-2017)
11 - 12 (born 2014-2015)
13 - 14 (born 2012-2013)
15 - 16 (born 2010-2011)
17 - 18 (born 2009-2007)



**Individuals:** Only U.S. citizens, aliens living in the United States and foreign exchange students are eligible to compete in these Championships. See the USATF Rules for more information and exceptions. A competitor must compete in his/her age division only. There will be no "moving up" in any events, including relays. Competitors in the 8 & Under, 9 - 10 and 11 - 12 age divisions may compete in a maximum of three (3) events, including relays. Competitors in the 13 - 14, 15 - 16 and 17 - 18 age divisions may compete in a maximum of four (4) events, including relays. Combined events are not included in the event count. **All athletes must be 2026 Region 3 USATF members in good standing to compete in this meet.**

**Relay Teams:** Only registered 2026 USATF member clubs may enter a relay team(s). All athletes representing the club must be affiliated with and members of that club as part of their USATF membership. Visit [www.usatf.org/membership](http://www.usatf.org/membership).

**ONLINE ENTRY PROCESS:** Individual Entries: **\$12.00** per event **Decathlon/Heptathlon: \$24.00** per event **Relays: \$40.00;** **Triathlon/Pentathlon: \$20.00** per event

**Club Administrators and Unattached Athletes should register online at <https://www.athletic.net/> by **June 26, 2026 at 11:59 pm**.** Late entries after **6/28/2026** will incur a **\$25.00 fee per athlete**. Same day Late entries **will not be accepted**. Online registration is **Open to USATF REGION 3 ONLY**. Pre-authorization of a credit card will be required for team entries and unattached entries will require immediate payment. Accuracy of data entered is the responsibility of each club and/or athlete. Please verify team and athlete data within Athletic.net for accuracy prior to submitting entries. Links to help documents with step-by-step instructions:

-Submitting Team Entries: <https://support.athletic.net/article/z11f8f1jja-submitting-entries-for-a-meet>

-Registering as an Individual: <https://support.athletic.net/article/90hyv0deh5-registering-for-an-event-as-an-individual>

## DATE OF BIRTH VERIFICATION

USATF National Championships require that the registrants are date-of-birth verified. Members are mandated to upload/submit their birthdate verification document when completing their membership profile on the USATF Connect system. There may be other competitions that require this mandate. Check event eligibility requirements carefully when registering for an event.

## DOCUMENT SUBMISSION DEADLINE

DOCUMENTS SUBMITTED FOR BIRTHDATE VERIFICATION MUST BE RECEIVED NO LATER THAN FIVE (5) BUSINESS DAYS **6/26/2026** PRIOR TO THE REGISTRATION DEADLINE OF **6/26/2026**.

## HOW TO SUBMIT DOCUMENTS

Date-of-Birth verification documents must be uploaded through USATF Connect. If you are having trouble uploading these documents, please reach out to the USATF National Office at **(317-261-0500)**

BE ADVISED THAT BIRTHDATE VERIFICATION DOCUMENTS WILL NOT BE ACCEPTED OR UPLOADED BY THE NATIONAL OFFICE. PROCEDURES FOR UPLOADING THESE DOCUMENTS IN THE USATF CONNECT SYSTEM MUST BE ADHERED TO AND THERE WILL BE NO EXCEPTIONS. DOCUMENTS SENT TO THE NATIONAL OFFICE WILL BE RETURNED AND THE VERIFICATION WILL NOT BE PROCESSED.

IF A DOCUMENT IS ILLEGIBLE, IT WILL BE INVALIDATED AND WILL NOT BE PROCESSED. INVALIDATED DOCUMENTS WILL NOT RESULT IN AN EXTENSION OF THE SUBMISSION DEADLINE. NO EXTENSION WILL BE GIVEN FOR INVALIDATED DOCUMENTS THAT REQUIRE RE-SUBMISSION. THE FIVE (5) DAY DEADLINE WILL BE ADHERED TO.

DOCUMENTS WILL REMAIN A PERMANENT PART OF THE MEMBER PROFILE AND WILL NOT REQUIRE RE-SUBMISSION.

## DATA PROTECTION

SUBMITTED DOCUMENTS/DATA PROVIDED TO USATF WILL BE HOSTED ON A SECURE PLATFORM IN USATF CONNECT. ASSOCIATION OFFICERS/EMPLOYEES PERMITTED TO VIEW MEMBERSHIP INFORMATION WITHIN THE SYSTEM HAVE BEEN REQUIRED TO HAVE SUBMITTED THE MANDATED USATF DATA PROTECTION POLICY AGREEMENT.

## ACCEPTED DOCUMENTS

Accepted verification documents include copy of **birth certificate, passport, certified baptismal record, driver's license, or U.S. government issued identification.**

**WAIVER:** All athletes who participate in the USATF Junior Olympic Program must complete the Junior Olympic Participant Waiver and Release form. This form is already integrated in the online entry system and can be completed electronically; it can also be obtained via your association. All forms must be submitted at the first round of the Junior Olympic series.

**AWARDS:** USATF Region 3 Junior Olympic awards will be awarded to the top 8 individuals and the top three 8 relay teams in each event of each age division.

**ADVANCEMENTS:** The top **5th place** individuals and relay teams in each event of each age division will advance to the 2025 USATF National Junior Olympic Championships to be held **in Cerritos, CA**. The Combined Events shall advance the top **5th** placed individuals in each age division to the National JO Championships.

The National Junior Olympic Championships will be held on July 27- August 2, 2026. The top 5 athletes at the Region 3 Championships will qualify for the National Junior Olympics. Information is available at: <https://www.usatf.org/programs/youth>

## SCHEDULE: SEE ATTACHED DOCUMENT

**IMPLEMENT WEIGH-IN: IMPLEMENTS will be provided.**

**EVENT CHECK-IN:** There will be separate check-in areas for Running and Field events. Athletes must check in at these designated areas 30 minutes prior to the event's scheduled starting time. All athletes will be required to remain in the designated warm-up areas after checking in.

**COMPETITION BIB NUMBERS:** All competitors must wear their assigned bib numbers during competition and on the front on their jerseys only. If an athlete loses the bib number, a replacement can be purchased for a fee of \$5.

**EVENT RESULTS:** During competition, LIVE event results will be posted on **ATHLETIC.NET**.

**PROTESTS:** There will be a **\$50** fee for all protests. Protests must be submitted to the Protest 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.

**RULES – CONDUCT & FACILITY:** (**See Next Page**)

**GATE ADMISSION FEES:** Spectator Admission is **\$10.00/day** for 6yr+

**\$36 4 Day pass**

**DIRECTIONS & PARKING:** [Prince Goege's Sports and Learning Center](#)  
8001 Sheriff RD, Landover, MD 20785

**PACKET PICKUP:** Please send a responsible Coach or Team representative to pick up team packets. Unattached athletes send an adult representative. Meet management will NOT give individual bibs/ armbands. No Exceptions. Time to pick up packets will be July 1, 2026 between the hours of 12:00 pm to 6:00 pm and on the July 2-5, 2026 starting at 7:30 am at the Packet Pickup Area located in At the track in the team room.

Potomac Valley

Quentin Wilson (Meet Director)  
qwilson@Verizon.net

Maurice Hutton  
Region 3 Coordinator  
coachamaurice@icloud.com

North Carolina

Bershawn Jackson, USATF North Carolina  
Youth Chair : Youth@northcarolina.usatf.org

Virginia  
Nanette Gaines  
Nanette.usatf@gmail.com

## Hotel Links

**Greetings Region 3 USATF Athletes & Families,**  
**We are excited to announce that hotel blocks are open for registration at the host hotel for the 2026 USATF Region 3 Junior Olympics, which will be held at Prince George's Sports and Learning Complex, Landover, MD**

### Residence Inn

9401 Largo Dr W, Upper Marlboro



**\$114**

### Courtyard by Marriott New Carrollton Landover

3/5

(58) · 3-star hotel

8330 Corporate Dr, Landover

P Free parking · 🛀 Spa · 👨‍👩‍👧 Family-friendly · 🏋️ Fitness center



\$149

**DoubleTree by Hilton Hotel Largo/Washington DC (Host Hotel)**

2.5/5

(69) · 4-star hotel

9100 Basil Ct, Largo

🏊Swimming pool · 🐾Pet-friendly · 🏋Fitness center · 📧Business center



\$89

**La Quinta Inn & Suites by Wyndham DC Metro Capital Beltway**

1.5/5

(66) · 3-star hotel

55 Hampton Park Blvd, Capitol Heights

🍳Free breakfast · 🅅Free parking · 🏊Swimming pool · 🐾Pet-friendly



\$155

**Holiday Inn Express Washington DC - Bw Parkway by IHG**

2.5/5

(29) · 3-star hotel

6205 Annapolis Rd, Hyattsville

🍳Free breakfast · 🅅Free parking · 🏊Swimming pool · 🧖Spa



\$199

**Hyatt Place Washington DC/US Capitol**

2.5/5

(152) · 3-star hotel

33 New York Ave NE, Washington

🍳Free breakfast · 🏊Swimming pool · 🧖Spa · 🐾Pet-friendly

**RULES – COMPETITION** : This is a USATF event. 2025 USATF Competition Rules will apply, particularly the Youth Rules (Rule 300-303, Rule 306).

- All distances and heights will be measure in meters, rounded to the lowest centimeter.
- In Field Events, all competitors in all flights will receive three trials (attempts). Athletes with the top 8 performances across all flights will advance to the finals. These top 8 athletes will be reordered from lesser performance to greater performance, and receive 3 additional attempts (trials).
- Per Rule 302.5, and beginning in 2021, all privately owned implements are now exempt from loss of identity, meaning there is no common usage. No athlete may use another athlete’s privately owned implement without that athlete’s express consent.
- **Per Rule 301, 100m Hurdle height form 13-14 Boys is now 36”**
- Per Rule 301, Mixed Gender Relays (4x100, 4x400, and 4x800) will be contested for 15-16, and 17-18 ages. The relay legs will alternate between genders (M-W-M-W).
- Not more than two implements may be submitted by a competitor for any throwing event. (Rule 187.5)
- Using an implement that is not checked-in is strictly prohibited. Using an implement that has not been checked-in is grounds for immediate disqualification.

**RULES – CONDUCT & FACILITY:** Please respect the flagged areas and signs for no tents allowed. Tents will be allowed in the stands and there will be designated area for tents (Tent City). **Only flats or 1/4 inch pyramid spikes** allowed for all events at the facility.

NOTE: Please respect Meet officials and Staff as they do their job. If a meet official is yelled at or otherwise treated disrespectfully, the offender may be asked to leave the facility. **Some 2026 USATF Competition Rule** changes may affect this meet.

**Please check the USATF website** at <https://www.usatf.org/governance/rule-books> for complete rules.

- Smoking and/or the use of tobacco products in the gated area of the complex is PROHIBITED.
- Alcoholic beverages are PROHIBITED in the complex and parking lots.
- The use of “vaping” devices is prohibited in the gated area of the complex is PROHIBITED.
- Glass containers are PROHIBITED.
- Grilling, or any open fires, is PROHIBITED.
- Littering is PROHIBITED. Please bag all trash. Leave the facility in as good condition as when you arrive.
- Pets are PROHIBITED inside gated areas and playing fields.
- Profanity within the gated area 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.
- 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 curbsides or The back access road are subject to ticketing or towing.

**\*\*\*TENTATIVE\*\*\***

**2025 USATF REGION 3 JUNIOR OLYMPIC  
CHAMPIONSHIP**

**JULY 2-5, 2026**

**Prince George's Sports and Learning  
Center**

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: 18 year-old athletes must still be 18 on the last day of the USATF National Junior Olympic Championships.

**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 \*\*\***

*Note: Calls may or may not be made. Athletes must pay attention*

*Note: All implements must be checked in no later than 1 hour before the scheduled event.*

July 2-5

Prince George's Sports and Learning Center

THURSDAY July 2, 2026

Schedule of Events

Combined Events

<b>9:00 AM</b>	15-16G & 17-18W <b>Heptathlon (Day 1)</b> 100m Hurdles (33") High Jump Shot Put (4kg) 200m Dash	<b>12:15 PM</b>	9-10G Triathlon Shot Put (6lb) High Jump 200m (G)
<b>9:15 AM</b>	13-14G <b>Pentathlon</b> 100m Hurdles (30" (G)) Shot Put (6lb) High Jump Long Jump 800m (G)	<b>1:00 PM</b>	9-10B Triathlon Shot Put (6lb) High Jump 400m (B) Dash
<b>9:45 AM</b>	13-14B <b>Pentathlon</b> 100m Hurdles (33" (B)) Shot Put (4kg) High Jump Long Jump 1500m (B) Run	<b>1:30 PM</b>	11-12B <b>Pentathlon</b> 80m Hurdles (30") Shot Put (6lb) High Jump Long Jump 1500m (B) Run
<b>10:00 AM</b>	15-16B & 17-18M <b>Decathlon (Day 1)</b> 100m Dash Long Jump Shot Put (12lb) High Jump 400m Dash	<b>2:00 AM</b>	11-12G <b>Pentathlon</b> 80m Hurdles (30") Shot Put (6lb) High Jump Long Jump 800m (G)

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# 2025 USATF REGION 3 JUNIOR OLYMPIC CHAMPIONSHIP

July 2-5

Prince George's Sports and Learning Center

## Friday, July 3, 2026 Schedule of Events

### Combined Events:

**9:00 AM** 15-16B & 17-18M *Dec (Day 2)*  
110m Hurdles (39")  
Discus Throw (1.6kg)  
Pole Vault  
Javelin Throw (800g)  
1500m Run

**9:00 AM** 15-16G, 17-18W *Hep (Day 2)*  
Long Jump  
Javelin Throw (600g)  
800m Run

### Track Events:

**8:00 AM** 2000m Steeplechase  
15-16G & 17-18W (30")  
15-16B & 17-18M (36")

**10:00 AM**  
4x100m Relay Finals All  
Age Groups

**11:30 AM**  
200m Dash Qualifying  
All Age Groups

**12:30 PM**  
800m Run Finals  
All Age Groups

**3:00 PM** Mixed Gender Relays (15-16, 17-18)  
4 x 100 (15-16, then 17-18)  
4 x 400 (15-16, then 17-18)  
4 x 800 (15-16, then 17-18)

**4:00 PM** 3000m Racewalk Finals  
13-14G/B, 15-16G/B, 17-18W/M

**5:00 PM** 1500m Racewalk Finals  
9-10G/B, 11-12G/B

### Field Events

#### Pole Vault

**1:00 PM** 13-14G [Open: 1.75m]  
**4:00 PM** 13-14B [Open: 2.25m]

#### Long Jump

**11:00 AM** 8&UB (Pit #1)  
**2:00 PM** 8&UG (Pit #1)

#### Shot Put

**1:00 PM** 13-14B (4kg)  
**2:30 PM** 11-12B (6lb)

#### Hammer Throw

**1:00 PM** 15-16G (4kg) & 17-18W (4kg)  
**2:30 PM** 15-16B (12lb) & 17-18M (12lb)

#### Javelin Throw

**12:30 PM** 8&UG (250g TJ, Runway #1)  
**2:00 PM** 8&UB (300g TJ, Runway #2) 9-  
**3:30 PM** 9-10G (250g Aero) Runway #1)  
**5:00 PM** 9-10B (250g Aero g, Runway #2)

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

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2025 USATF REGION 3 JUNIOR OLYMPIC CHAMPIONSHIP

July 2-5, 2026

Prince George's Sports and Learning Center

Saturday July 4, 2026

Schedule of Events

Track Events:

<b>8:00 AM</b>	3000m Run Finals	11-12G/B, 13-14G/B, 15-16G/B, 17-18W/M
<b>9:45 AM</b>	Short Hurdle	
	110m (39")	15-16B (Q), 17-18M (Q)
(Q) : Qualifier	(36")	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 (Q)
<b>11:00 AM</b>	400m Dash Qualifying	All Age Groups
<b>1:00 PM</b>	100m Dash Qualifying	All Age Groups
<b>2:30 PM</b>	4x800m Relay	11-12G/B, 13-14G/B, 15-16G/B, 17-18W/M
<b>3:00 PM</b>	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

<b>8:00 AM</b>	17-18W [Open: 1.31m]
<b>9:30 AM</b>	11-12G [Open: 1.06m]
<b>11:30 AM</b>	17-18M [Open: 1.58m]
<b>12:30 PM</b>	11-12B [Open: 1.08m]
<b>2:30 PM</b>	13-14B [Open: 1.31m]

Pole Vault

<b>10:00 AM</b>	15-16G [Open: 1.91m]
<b>1:00 PM</b>	15-16B [Open: 3.15m]

Field Events:

Long Jump

<b>9:00 AM</b>	15-16B (Pit #1)
<b>9:00 AM</b>	9-10G (Pit #2)
<b>10:30 AM</b>	9-10B (Pit #1)
<b>12:00 PM</b>	13-14B (Pit #1)
<b>1:30 PM</b>	17-18M (Pit #1)
<b>3:00 PM</b>	11-12B (Pit #1)
<b>3:00 PM</b>	11-12G (Pit #2)

Triple Jump

<b>10:30 AM</b>	13-14G (Pit #2)
<b>12:00 PM</b>	15-16G (Pit #2)
<b>1:30 PM</b>	17-18W (Pit #2)

Shot Put

<b>9:00 AM</b>	17-18M (12lb) Pit #1
<b>9:00 AM</b>	15-16B (12lb) Pit #2
<b>12:00 PM</b>	8&UG (2kg)
<b>12:00 PM</b>	8&UB (2kg) Pit #1
<b>3:00 PM</b>	11-12G (6lb) Pit #1
<b>3:00 PM</b>	13-14G (6lb)

Discus Throw

<b>9:00 AM</b>	15-16G (1kg)
<b>10:30 AM</b>	17-18W (1kg)
<b>12:00 PM</b>	11-12G (1kg)
<b>1:30 PM</b>	11-12B (1kg)

Javelin Throw

<b>9:00 AM</b>	13-14G (600g)
<b>10:30 AM</b>	13-14B (600g)
<b>12:00 PM</b>	15-16G (600g)
<b>1:30 PM</b>	17-18W (600g)

Note: Calls may or may not be made. Athletes must pay attention

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Sunday July 5, 2026

Schedule of Events

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	13-14G (Pit #1)
10:30 AM	15-16G (Pit #1)
12:30 PM	17-18W (Pit #1)

Triple Jump

8:30 AM	17-18M (Pit #2)
10:00 AM	15-16B (Pit #2)
11:30 AM	13-14B (Pit #2)

Pole Vault

9:00 AM	17-18W [Open: 2.28m]
11:30 AM	17-18M [Open: 3.46m]

Field Events:

High Jump

8:30 AM	15-16B [Open: 1.43m]
10:00 AM	9-10B [Open: 0.88m]
11:00 AM	9-10G [Open: 0.86m]
12:00 AM	15-16G [Open: 1.23m]
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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# 2025 USATF Region 3 JUNIOR OLYMPIC CHAMPIONSHIP

**JUNE 26-29, 2026**

## Prince George's Sports and Learning Center

### Opening Heights - Verticals

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

#### 2026 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	1.08m	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
17-18M	1.78m	1.58m	4.06m	3.46m

#### Girls / Women

	High Jump		Pole Vault	
	Standard	Opening Height	Standard	Opening Height
8UB	-	-	-	-
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
17-18W	1.51m	1.31m	2.88m	2.28m

