



PO Box 645, Nampa, Idaho 83653-0645  
 www.SpikeUpAthletics.com

**As of 11/11/24, the winter/indoor schedule is final.**

**Also, please be aware that athlete registration fees cover training, not competitions. Refer to [FAQ #8](#) for details.**

| Winter/Indoor Schedule |                                  |  |   |
|------------------------|----------------------------------|--|---|
| Date                   | Event                            | Location                                 | Age                                       |
| December 27-28, 2024   | Reno Holiday Invite              | Reno Sparks Convention Center, Reno, NV  | Middle & High Schoolers, and Open/Masters |
| January 24-26, 2025    | Spokane HS Invitational          | The Podium; Spokane, WA                  | High schoolers only                       |
| February 1, 2025       | Snake River Indoor Championships | Idaho State University; Pocatello, Idaho | Middle & High Schoolers, and Open/Masters |
| February 20-22, 2025   | Simplot Games                    | Idaho State University; Pocatello, Idaho | High schoolers only                       |

**The summer/outdoor schedule is tentative and will be updated as track meets become available.**

| Summer/Outdoor Schedule              |   |  |   |
|--------------------------------------|---|--|---|
| Date                                 | Event                                       | Location                                 | Age   |
| June 13-14, 2025<br>USATF-Sanctioned | USATF Snake River Association Championships | Canyon Ridge High School, Twin Falls, ID | All age-groups. Athletes must compete in order to be eligible to compete in Region 11 meet.                                       |
| July 10-12, 2025<br>USATF-Sanctioned | USATF Region 11 Championships               | Brigham Young University, Provo, UT      | All age-groups. Athletes must compete in order to advance to NJO meet. Top 5 or 7 placements in each event qualifies for the NJO. |
| July 21-27, 2025<br>USATF-Sanctioned | USATF National Junior Olympics **           | TBD                                      | Athletes up to age group 17-18 (Must place top 5 or 7 in their events at the Region 11 meet)**                                    |

**\*\* Athletes who are still 18 years old on 7/27/25 are still eligible to compete in the USATF NJO.**

