



**2021 NXTCHAMP INVITATIONAL
TECHNICAL PACKAGE REV. 4 (Updated July 16, 2021)**

Toronto Track & Field Centre, York University
231 Ian MacDonald Boulevard
Toronto, Ontario M3J 3L9

July 16 - 18, 2021

- HOST CLUB:** 310 Running
- MEET DIRECTOR:** Scott Skimming
- SAFETY OFFICER:** Lynn Jensen
- SANCTIONED BY:** Athletics Ontario
- ELIGIBILITY:** Ontario high school athletes by invitation only.
Athletes must be Athletics Ontario members by the competition date.
- AGE CATEGORIES:** Novice (born 2006), Junior (born 2005), Senior (born 2003-4)
- ENTRY DEADLINE:** Monday, July 5th at 11:59 pm
- ENTRIES:** Online only

Athletes with invitations can complete online entries at
<http://trackiereg.com/NXTCHAMP>
- FEES:** \$20.00 per event
- SAFETY PROTOCOLS:** This meet has been adapted to include strict COVID-19 safety protocols. Details of these protocols form part of this technical package.

ALL safety protocols MUST be adhered to in order to protect the health of all individuals involved both inside and outside of the competition area. Anyone found contravening safety protocols will be asked to leave the venue immediately and if a competitor, disqualified from all events.



EVENTS OFFERED

| Event | Novice | | Junior | | Senior | | Open | |
|---------|--------|------|--------|------|--------|------|--------|------|
| | Female | Male | Female | Male | Female | Male | Female | Male |
| 100 | X | X | X | X | X | X | | |
| 200 | X | X | X | X | X | X | | |
| 400 | X | X | X | X | X | X | | |
| 800 | X | X | X | X | X | X | | |
| 1500 | X | X | X | X | X | X | | |
| 3000 | X | X | X | X | X | X | | |
| 80H | X | | X | | | | | |
| 100H | | X | | X | X | | | |
| 110H | | | | | | X | | |
| 300H | X | X | X | X | | | | |
| 400H | | | | | X | X | | |
| 2000SC | | | | | | | X | X |
| LJ | X | X | X | X | X | X | | |
| TJ | X | X | X | X | X | X | | |
| HJ | X | X | X | X | X | X | | |
| PV | X | X | X | X | X | X | | |
| SP | X | X | X | X | X | X | | |
| Javelin | X | X | X | X | X | X | | |
| Discus | X | X | X | X | X | X | | |

EVENT SCHEDULE

- A schedule forms part of this technical package.
- The final competition schedule including athlete entry and departure times to the competition area will be considered firm.
- Track events take precedence over field events.
- If the timing of the field and track event conflict, the athlete must check in at both events, notify both officials of the conflict and be ready to run when the race is started.
- The athlete will be able to return to the field event once they have completed their race but will start their competition at the current point in the event (no make-up jumps or throws will be permitted).



COMPETITION AREA

- Due to COVID-19 gathering size limitations access to the competition area will be strictly controlled and entry/departure times must be adhered to.
- We are planning based on no more than 300 people (all persons combined) in the competition area. This may change depending on the prevailing situation.
- Only registered athletes, registered coaches, officials, volunteers and registered spectators will be permitted in the competition area.
- Athletes entering the competition area must:
 1. Be an active member of Athletics Ontario which includes having signed an assumption of risk waiver
 2. Complete and submit a health questionnaire online within 48 hours of the meet.
 3. Answer COVID-19 wellness questions at the entrance gate
- Anyone feeling unwell or anyone having suspected or known exposure to COVID-19 MUST NOT attend this meet.
- Everyone must wear a mask when entering and exiting the competition area.
- A minimum 3m physical distance between individuals is to be maintained at all times when possible. If a 3m physical distance cannot be maintained between individuals, masks must be worn (athletes in competition excepted).
- Wearing a mask is strongly encouraged at all times for athletes (when not warming up, competing or cooling down) and required for coaches, officials, volunteers and spectators.
- Athletes, officials and volunteers must keep their gear a minimum of 3m apart and must not share food or drinks.
- There will be washroom facilities available inside the competition area.
- Spikes must not exceed 6mm

WARM UP

- Athletes will be permitted to warm up outside the track area prior to their entry time.
- Once in the track area, athletes will be directed to the appropriate warm up area for their event.
- Starting blocks will be provided for warm-ups.
- A limited number of hurdles will be available for warm-ups in the competition area.

GOVERNING RULES

- <https://www.worldathletics.org/about-iaaf/documents/book-of-rules>
- https://athleticsontario.ca/technical/documents/return-to-sport/athletics_ontario_return_to_training_cover_210630.pdf



SPRINTS

- There will be prelim heats and a final for the 100.
- Prelim heats will be randomized based on accepted seed times.
- The 8 fastest times in the prelim will move on to the finals.
- The 200 and 400 will be timed finals.
- Timed finals will be run slowest to fastest based on accepted seed times.

HURDLES

Hurdle specifications:

| Female | | | | | |
|----------|----------|--------------|--------|------------|---------|
| Category | Distance | # of Hurdles | Height | 1st Hurdle | Spacing |
| Novice | 80m | 8 | 30" | 12m | 8m |
| Junior | 80m | 8 | 30" | 12m | 8m |
| Senior | 100m | 10 | 30" | 13m | 8.5m |
| Novice | 300 | 7 | 30" | 50m | 35m |
| Junior | 300 | 7 | 30" | 50m | 35m |
| Senior | 400 | 10 | 30" | 45m | 35m |

| Male | | | | | |
|----------|----------|--------------|--------|------------|---------|
| Category | Distance | # of Hurdles | Height | 1st Hurdle | Spacing |
| Novice | 100m | 10 | 33" | 13m | 8.5m |
| Junior | 100m | 10 | 36" | 13m | 8.5m |
| Senior | 110m | 10 | 36" | 13.72m | 9.16m |
| Novice | 300 | 7 | 33" | 50m | 35m |
| Junior | 300 | 7 | 33" | 50m | 35m |
| Senior | 400 | 10 | 36" | 45m | 35m |

- There will be prelim heats and a final heat for the 80/100/110 hurdles.
- Prelim heats will be randomized based on accepted seed times.
- The 8 fastest times in the prelim will move on to the finals.
- The 300/400 hurdles will be timed finals.
- Timed finals will be run slowest to fastest based on accepted seed times.



STEEPLECHASE

Steeplechase specifications:

| Steeplechase | | | | |
|--------------|----------|---------------|------------------|--------|
| Category | Distance | # of Barriers | # of Water Jumps | Height |
| Open Girls | 2000m | 18 | 5 | 30" |
| Open Boys | 2000m | 18 | 5 | 36" |

- 2000SC will be timed finals.

MID-DISTANCE

- The 800, 1500 and 3000 will be timed finals.
- Timed finals will be run slowest to fastest based on accepted seed times.
- Athletes will start the 800 in lanes and the 1500/3000 in a waterfall.

SEED TIMES

- Seed times will be based on acceptable results from the 2019 outdoor, 2020 indoor/outdoor and 2021 indoor/outdoor seasons.
- Conversions from related events will be calculated based on published Athletics Ontario conversion values as needed.
- Priority will be given to performances that appear on the Athletics Canada rankings.
- Wind-assisted jumps or sprint event performances will not be used for seeding purposes.
- NWI performances may be accepted when MTA results are used.

TIMING

- All track events will be photo-timed.

HIGH JUMP

- All competitors will be required to bring and use a personal drop sheet on the mat for each jump.
- Starting height will be the lowest height requested by any competitor.



POLE VAULT

- All competitors will be required to bring and use a personal drop sheet on the mat for each vault.
- Athletes must bring their own poles and will use these poles exclusively during the competition.
- Starting height will be the lowest height requested by any competitor.

THROWS

Implement weights:

| Female | | | | Male | | | |
|----------|--------|---------|----------|----------|--------|---------|----------|
| Category | Discus | Javelin | Shot Put | Category | Discus | Javelin | Shot Put |
| Novice | 1kg | 500g | 3kg | Novice | 1kg | 600g | 4kg |
| Junior | 1kg | 500g | 3kg | Junior | 1.5kg | 700g | 5kg |
| Senior | 1kg | 600g | 4kg | Senior | 1.75kg | 800g | 6kg |

- Athletes must bring their own certifiable throwing implements and will use these implements exclusively during the competition.
- Personal implements will need to be brought to the implement certification area 60 minutes prior to the start of the event for validation.
- Athletes will be required to retrieve their own implements during competition.

LIVESTREAMING

- NXTCHAMP will be livestreamed at <https://portal.stretchinternet.com/humber/>

RESULTS

- Results will be posted online only.

AWARDS

- Medals will be presented to the 1st, 2nd, and 3rd place finishers in each event.
- Athletes can pick up their medals from the awards desk located outside the competition area shortly after event results are final.

FIRST AID

- Certified first responders will be on site in case of a medical emergency.



2021 Meet Schedule - Day 1

Friday July 16, 2021 - Track

| Event | | | Enter Track | First Heat | Depart Track |
|--------|-------|--------------|-------------|------------|--------------|
| Open | Women | 2000SC Final | 4:30 PM | 5:00 PM | 5:15 PM |
| Open | Men | 2000SC Final | 4:50 PM | 5:20 PM | 5:35 PM |
| Novice | Women | 200 | 5:40 PM | 6:10 PM | 6:20 PM |
| Novice | Men | 200 | 5:50 PM | 6:20 PM | 6:25 PM |
| Junior | Women | 200 | 5:55 PM | 6:25 PM | 6:35 PM |
| Junior | Men | 200 | 6:05 PM | 6:35 PM | 6:40 PM |
| Senior | Women | 200 | 6:10 PM | 6:40 PM | 6:50 PM |
| Senior | Men | 200 | 6:20 PM | 6:50 PM | 7:00 PM |
| Novice | Women | 800 | 7:05 PM | 7:35 PM | 7:45 PM |
| Novice | Men | 800 | 7:15 PM | 7:45 PM | 7:55 PM |
| Junior | Women | 800 | 7:25 PM | 7:55 PM | 8:05 PM |
| Junior | Men | 800 | 7:35 PM | 8:05 PM | 8:15 PM |
| Senior | Women | 800 | 7:45 PM | 8:15 PM | 8:25 PM |
| Senior | Men | 800 | 7:55 PM | 8:25 PM | 8:35 PM |

Friday July 16, 2021 - Field

| Event | | | Enter Track | First Attempt | Depart Track |
|----------|-------|-------------|-------------|---------------|--------------|
| Novice | Women | Long Jump | 4:30 PM | 5:00 PM | 5:50 PM |
| Combined | Men | Javelin | 4:30 PM | 5:00 PM | 6:40 PM |
| Junior | Women | Triple Jump | 5:30 PM | 6:00 PM | 7:00 PM |
| Senior | Women | High Jump | 5:30 PM | 6:00 PM | 7:10 PM |
| Novice | Men | Long Jump | 6:30 PM | 7:00 PM | 8:00 PM |
| Combined | Women | Javelin | 6:40 PM | 7:10 PM | 9:00 PM |



2021 Meet Schedule - Day 2

| Saturday July 17, 2021 - Track | | | | | |
|--------------------------------|-------|-------------|-------------|------------|--------------|
| Event | | | Enter Track | First Heat | Depart Track |
| Novice | Women | 300H | 8:50 AM | 9:20 AM | 9:30 AM |
| Junior | Women | 300H | 8:55 AM | 9:25 AM | 9:35 AM |
| Junior | Men | 300H | 9:05 AM | 9:35 AM | 9:45 AM |
| Senior | Women | 400H | 9:20 AM | 9:50 AM | 10:00 AM |
| Senior | Men | 400H | 9:35 AM | 10:05 AM | 10:15 AM |
| Novice | Women | 100 Prelims | 10:20 AM | 10:50 AM | 11:00 AM |
| Novice | Men | 100 Prelims | 10:30 AM | 11:00 AM | 11:10 AM |
| Junior | Women | 100 Prelims | 10:40 AM | 11:10 AM | 11:20 AM |
| Junior | Men | 100 Prelims | 10:50 AM | 11:20 AM | 11:30 AM |
| Senior | Women | 100 Prelims | 11:00 AM | 11:30 AM | 11:40 AM |
| Senior | Men | 100 Prelims | 11:10 AM | 11:40 AM | 11:50 AM |
| Novice | Women | 1500 | 12:25 PM | 12:55 PM | 1:05 PM |
| Novice | Men | 1500 | 12:35 PM | 1:05 PM | 1:15 PM |
| Junior | Women | 1500 | 12:45 PM | 1:15 PM | 1:25 PM |
| Junior | Men | 1500 | 12:55 PM | 1:25 PM | 1:35 PM |
| Senior | Women | 1500 | 1:05 PM | 1:35 PM | 1:45 PM |
| Senior | Men | 1500 | 1:15 PM | 1:45 PM | 1:55 PM |
| Novice | Women | 100 Final | 2:00 PM | 2:30 PM | 2:40 PM |
| Novice | Men | 100 Final | 2:10 PM | 2:40 PM | 2:50 PM |
| Junior | Women | 100 Final | 2:20 PM | 2:50 PM | 3:00 PM |
| Junior | Men | 100 Final | 2:30 PM | 3:00 PM | 3:10 PM |
| Senior | Women | 100 Final | 2:40 PM | 3:10 PM | 3:20 PM |
| Senior | Men | 100 Final | 2:50 PM | 3:20 PM | 3:30 PM |

| Saturday July 17, 2021 - Field | | | | | |
|--------------------------------|-------|-------------|-------------|---------------|--------------|
| Event | | | Enter Track | First Attempt | Depart Track |
| Novice | Women | Triple Jump | 8:30 AM | 9:00 AM | 9:50 AM |
| Combined | Men | Discus | 9:30 AM | 10:00 AM | 11:45 AM |
| Junior | Women | Long Jump | 10:10 AM | 10:40 AM | 11:45 AM |
| Senior | Men | High Jump | 10:30 AM | 11:00 AM | 12:10 PM |
| Senior | Women | Triple Jump | 12:15 PM | 12:45 PM | 1:45 PM |
| Combined | Women | Discus | 12:30 PM | 1:00 PM | 2:35 PM |
| Novice/Junior | Women | High Jump | 12:45 PM | 1:15 PM | 2:20 PM |
| Senior | Men | Triple Jump | 2:05 PM | 2:35 PM | 3:30 PM |
| Junior | Men | Long Jump | 3:50 PM | 4:20 PM | 5:00 PM |
| Novice/Junior | Men | High Jump | 2:30 PM | 3:00 PM | 3:40 PM |



2021 Meet Schedule - Day 3

| Sunday July 18, 2021 - Track | | | | | |
|------------------------------|-------|--------------|-------------|------------|--------------|
| Event | | | Enter Track | First Heat | Depart Track |
| Senior | Women | 3000 | 9:00 AM | 9:30 AM | 9:45 AM |
| Senior | Men | 3000 | 9:15 AM | 9:45 AM | 10:00 AM |
| Junior | Women | 3000 | 9:30 AM | 10:00 AM | 10:15 AM |
| Junior | Men | 3000 | 9:45 AM | 10:15 AM | 10:30 AM |
| Novice | Women | 3000 | 10:00 AM | 10:30 AM | 10:45 AM |
| Novice | Men | 3000 | 10:15 AM | 10:45 AM | 11:00 AM |
| Senior | Men | 110H Prelims | 10:45 AM | 11:15 AM | 11:20 AM |
| Junior | Men | 100H Prelims | 10:55 AM | 11:25 AM | 11:30 AM |
| Novice | Men | 100H Prelims | 11:05 AM | 11:35 AM | 11:40 AM |
| Senior | Women | 100H Prelims | 11:15 AM | 11:45 AM | 11:55 AM |
| Junior | Women | 80H Prelims | 11:25 AM | 11:55 AM | 12:00 PM |
| Novice | Women | 80H Prelims | 11:30 AM | 12:00 PM | 12:05 PM |
| Novice | Women | 80H Finals | 1:00 PM | 1:30 PM | 1:35 PM |
| Junior | Women | 80H Finals | 1:05 PM | 1:35 PM | 1:40 PM |
| Senior | Women | 100H Finals | 1:15 PM | 1:45 PM | 1:50 PM |
| Novice | Men | 100H Finals | 1:25 PM | 1:55 PM | 2:00 PM |
| Junior | Men | 100H Finals | 1:35 PM | 2:05 PM | 2:10 PM |
| Senior | Men | 110H Finals | 1:45 PM | 2:15 PM | 2:20 PM |
| Novice | Women | 400 | 2:00 PM | 2:30 PM | 2:35 PM |
| Novice | Men | 400 | 2:05 PM | 2:35 PM | 2:40 PM |
| Junior | Women | 400 | 2:10 PM | 2:40 PM | 2:50 PM |
| Junior | Men | 400 | 2:20 PM | 2:50 PM | 3:00 PM |
| Senior | Women | 400 | 2:30 PM | 3:00 PM | 3:10 PM |
| Senior | Men | 400 | 2:40 PM | 3:10 PM | 3:20 PM |

| Sunday July 18, 2021 - Field | | | | | |
|------------------------------|-------|-------------|-------------|---------------|--------------|
| Event | | | Enter Track | First Attempt | Depart Track |
| Senior | Men | Long Jump | 9:00 AM | 9:30 AM | 10:10 AM |
| Combined | Men | Shot Put | 9:30 AM | 10:00 AM | 11:50 AM |
| Combined | Women | Pole Vault | 9:00 AM | 10:00 AM | 11:55 AM |
| Novice/Junior | Men | Triple Jump | 10:40 AM | 11:10 AM | 12:20 PM |
| Senior | Women | Long Jump | 1:00 PM | 1:30 PM | 2:30 PM |
| Combined | Men | Pole Vault | 12:00 PM | 1:00 PM | 2:55 PM |
| Combined | Women | Shot Put | 1:00 PM | 1:30 PM | 3:15 PM |