



**2022 NXTCHAMP INVITATIONAL
TECHNICAL PACKAGE REV. 2**

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

June 18 - 19, 2022

- HOST CLUB:** 310 Running
- MEET DIRECTOR:** Scott Skimming
- SAFETY OFFICER:** Ryan Topping
- SANCTIONED BY:** Athletics Ontario
- ELIGIBILITY:** Ontario high school athletes by invitation only.
Athletes must be Athletics Ontario members by the competition date.
- AGE CATEGORIES:** U16, U17, U18, U19, Open
- ENTRY DEADLINE:** Regular - Sunday, May 29th at 11:59 pm
Late - Wednesday, June 8th at 11:59 pm
- ENTRIES:** Online only
- Athletes with invitations can complete online entries at
<http://trackiereg.com/NXTCHAMP2022>
- A password is required to register. Passwords are available to invited athletes through the Meet Director.
- FEES:** Regular - \$25.00 per event
Late - \$35.00 per event
Spectators - \$10.00 flat fee
- SAFETY PROTOCOLS:** This meet will be adapted to comply with government, public health, PSO/NSO and/or facility mandated COVID-19 safety protocols.



EVENTS OFFERED

Event	U16		U17		U18		U19		Open	
	Women	Men	Women	Men	Women	Men	Women	Men	Women	Men
100	X	X	X	X	X	X	X	X		
200	X	X	X	X	X	X	X	X		
400	X	X	X	X	X	X	X	X		
800	X	X	X	X	X	X	X	X		
1500	X	X	X	X	X	X	X	X		
3000	X	X	X	X	X	X	X	X		
80H	X		X							
100H		X		X	X	X	X			
110H						X		X		
300H	X	X	X	X						
400H					X	X	X	X		
2000SC									X	X
LJ	X	X	X	X	X	X	X	X		
TJ	X	X	X	X	X	X	X	X		
HJ	X	X	X	X	X	X	X	X		
PV									X	X
SP	X	X	X	X	X	X	X	X		
Javelin	X	X	X	X	X	X	X	X		
Discus	X	X	X	X	X	X	X	X		

EVENT SCHEDULE

- A schedule forms part of this technical package.
- 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

- Only registered athletes, coaches, officials, and volunteers will be permitted in the competition area.
- Access to the infield will be limited to throwers, their coaches, officials, and volunteers.
- Spectators will only be permitted in the areas designated for spectators.
- Spikes must not exceed 6mm

WARM UP

- Athletes will be permitted to warm up outside the competition area prior to their event.
- Once in the competition 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>

SPRINTS

- There will be preliminary heats and a final heat for the 100 if there are more than 8 athletes competing. If there are less than 8 athletes, it will be a timed final.
- Preliminary heats will be randomized based on accepted seed times.
- The 8 fastest times in the preliminaries 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.

MID-DISTANCE

- The 800, 1500 and 3000 will be timed finals.
- If there is more than one section, they 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.



HURDLES

Hurdle specifications:

Women					
Category	Distance	# of Hurdles	Height	1st Hurdle	Spacing
U16	80m	8	30"	12m	8m
U17	80m	8	30"	12m	8m
U18	100m	10	30"	13m	8.5m
U19	100m	10	30"	13m	8.5m
U16	300	7	30"	50m	35m
U17	300	7	30"	50m	35m
U18	400	10	30"	45m	35m
U19	400	10	30"	45m	35m

Men					
Category	Distance	# of Hurdles	Height	1st Hurdle	Spacing
U16	100m	10	33"	13m	8.5m
U17	100m	10	36"	13m	8.5m
U18	110m	10	36"	13.72m	9.16m
U19	110m	10	36"	13.72m	9.16m
U16	300	7	33"	50m	35m
U17	300	7	33"	50m	35m
U18	400	10	36"	45m	35m
U19	400	10	36"	45m	35m

- There will be preliminary heats and a final heat for the 80/100/110 hurdles if there are more than 8 athletes competing. If there are less than 8 athletes, it will be a timed final.
- Preliminary heats will be randomized based on accepted seed times.
- The 8 fastest times in the preliminaries 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"

- The 2000SC will be timed finals.

SEED TIMES

- Seed times will be based on acceptable results from the 2021 outdoor and 2022 indoor/outdoor seasons.
- Conversions from related events will be calculated based on published Athletics Ontario or NXTCHAMP 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 with a hand-timed back-up.

HIGH JUMP/POLE VAULT

- Starting height will be the lowest height requested by any competitor.

THROWS

Implement weights:

Women			
Category	Discus	Javelin	Shot Put
U16	1 kg	500 g	3 kg
U17	1 kg	500 g	3 kg
U18	1 kg	500 g	3 kg
U19	1 kg	600 g	4 kg

Men			
Category	Discus	Javelin	Shot Put
U16	1 kg	600 g	4 kg
U17	1.5 kg	700 g	5 kg
U18	1.5 kg	700 g	5 kg
U19	1.75 kg	800 g	6 kg



- 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.

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.



SATURDAY SCHEDULE

Saturday June 18, 2022

Track			
Event			First Heat
U16	Women	3000	9:30 AM
U16	Men	3000	
U17	Women	3000	
U17	Men	3000	
U18	Women	3000	
U18	Men	3000	
U19	Women	3000	
U19	Men	3000	
U16	Women	200	
U16	Men	200	11:45 AM
U17	Women	200	
U17	Men	200	
U18	Women	200	
U18	Men	200	
U19	Women	200	
U19	Men	200	
TRACK BREAK			
U16	Women	300H	1:30 PM
U17	Women	300H	
U16	Men	300H	
U17	Men	300H	
U18	Men	400H	
U19	Men	400H	
U18	Women	400H	
U19	Women	400H	
U16	Women	800	2:45 PM
U16	Men	800	
U17	Women	800	
U17	Men	800	
U18	Women	800	
U18	Men	800	
U19	Women	800	
U19	Men	800	

Field			
Event			First Attempt
U16	Women	Javelin	10:00 AM
U17			
U16	Men	High Jump	10:00 AM
U17			
U16	Women	Long Jump	10:00 AM
U17			
U18	Men	Triple Jump	10:15 AM
U19			
Open	Women	Pole Vault	10:30 AM
U18	Women	Javelin	11:45 AM
U19			
U18	Men	High Jump	1:30 PM
U19			
U16	Men	Javelin	1:45 PM
U17			
U16	Women	Shot Put	2:15 PM
U17			
U18	Women	Long Jump	2:45 PM
U19			
U16	Men	Triple Jump	3:00 PM
U17			
U18	Men	Javelin	3:30 PM
U19			
U18	Women	Shot Put	4:00 PM
U19			



SUNDAY SCHEDULE

Sunday June 19, 2022

Track			
Event			First Heat
U19	Women	100 Prelims	9:30 AM
U19	Men	100 Prelims	
U18	Women	100 Prelims	
U18	Men	100 Prelims	
U17	Women	100 Prelims	
U17	Men	100 Prelims	
U16	Women	100 Prelims	
U16	Men	100 Prelims	
U16	Women	1500	10:30 AM
U16	Men	1500	
U17	Women	1500	
U17	Men	1500	
U18	Women	1500	
U18	Men	1500	
U19	Women	1500	
U19	Men	1500	
U19	Women	100 Final	11:45 PM
U19	Men	100 Final	
U18	Women	100 Final	
U18	Men	100 Final	
U17	Women	100 Final	
U17	Men	100 Final	
U16	Women	100 Final	
U16	Men	100 Final	
TRACK BREAK			
U19	Men	110H Prelims	1:00 PM
U18	Men	110H Prelims	
U17	Men	100H Final	
U16	Men	100H Final	
U19	Women	100H Prelims	
U18	Women	100H Prelims	
U17	Women	80H Final	
U16	Women	80H Final	
Open	Women	2000SC	2:15 PM
Open	Men	2000SC	
U19	Men	110H Final	3:00 PM
U18	Men	110H Final	
U19	Women	100H Final	
U18	Women	100H Final	3:30 PM
U16	Women	400	
U16	Men	400	
U17	Women	400	
U17	Men	400	
U18	Women	400	
U18	Men	400	
U19	Women	400	
U19	Men	400	

Field			
Event			First Attempt
U18	Men	Discus	10:00 AM
U19			
U16	Women	High Jump	10:00 AM
U17			
Open	Men	Pole Vault	10:30 AM
U18	Women	Triple Jump	10:45 AM
U19			
U18	Men	Long Jump	11:00 AM
U19			
U16	Men	Discus	11:45 AM
U17			
U16	Women	Discus	1:45 PM
U17			
U18	Women	High Jump	2:00 PM
U19			
U18	Men	Shot Put	2:15 PM
U19			
U16	Men	Long Jump	2:45 PM
U17			
U16	Women	Triple Jump	3:00 PM
U17			
U18	Women	Discus	3:30 PM
U19			
U16	Men	Shot Put	4:00 PM
U17			