



**2023 NXTCHAMP INVITATIONAL  
TECHNICAL PACKAGE REV. 3**  
(Updated June 22, 2023)

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

**June 24 - 25, 2023**

<b>HOST CLUB:</b>	310 Running
<b>MEET DIRECTOR:</b>	Scott Skimming
<b>SAFETY OFFICER:</b>	Tyna Holder
<b>SANCTIONED BY:</b>	Athletics Ontario
<b>ELIGIBILITY:</b>	Open to all athletes between the ages of 14 – 19 Showcase events by invitation only
<b>AGE CATEGORIES:</b>	U16, U18, U20
<b>ENTRY DEADLINE:</b>	Regular - Sunday, June 11th at 11:59 pm Late - Wednesday, June 21st at 11:59 pm
<b>ENTRIES:</b>	Online only at <a href="http://trackiereg.com/NXTCHAMP2023">http://trackiereg.com/NXTCHAMP2023</a>
<b>FEES:</b>	Regular - \$25.00 per event Late - \$35.00 per event Spectators - \$5.00 per day
<b>GOVERNING RULES:</b>	<a href="https://www.worldathletics.org/about-iaaf/documents/book-of-rules">https://www.worldathletics.org/about-iaaf/documents/book-of-rules</a>

**NEW THIS YEAR**

- NXTCHAMP has added SHOWCASE EVENTS.
- SHOWCASE EVENTS will be by invitation only & will include the highest performing athletes available across all age groups. These will be high performance level competitions.
- Due to popular demand, all other events will be open & will not require an invitation.
- Age groups have changed. We are now aligned with AO & will offer U16, U18 & U20 competitions.



## EVENTS OFFERED

Event	U16		U18		U20		Open		SHOWCASE	
	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									
100H		X	X		X					
110H				X		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		
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.
- 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.

**SPRINTS**

- There will be preliminary heats and a final heat for the 100 if there are more than 8 athletes competing. If there are 8 or less 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.

**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.



## HURDLES

Hurdle specifications:

Women					
Category	Distance	# of Hurdles	Height	1st Hurdle	Spacing
U16	80m	8	30"	12m	8m
U18	100m	10	30"	13m	8.5m
U20	100m	10	33"	13m	8.5m
U16	300	7	30"	50m	35m
U18	300	7	30"	50m	35m
U20	400	10	30"	45m	35m

Men					
Category	Distance	# of Hurdles	Height	1st Hurdle	Spacing
U16	100m	10	33"	13m	8.5m
U18	110m	10	36"	13.72m	9.16m
U20	110m	10	39"	13.72m	9.16m
U16	300	7	33"	50m	35m
U18	300	7	33"	50m	35m
U20	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 8 or less 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.

## SEED TIMES

- Seed times will be based on acceptable results from the 2022 outdoor and 2023 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				Men			
Category	Discus	Javelin	Shot Put	Category	Discus	Javelin	Shot Put
U16	1 kg	500 g	3 kg	U16	1 kg	600 g	4 kg
U18	1 kg	500 g	3 kg	U18	1.5 kg	700 g	5 kg
U20	1 kg	600 g	4 kg	U20	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.
- Medal presentations will happen shortly after event results are final.

**FIRST AID**

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



## SATURDAY TRACK SCHEDULE

Saturday, June 24, 2023				
Sections will be run Slow to Fast				
Time	Event	Round	Gender	Age Group (# of athletes)
9:30	3000m	Timed Final	Women	All
	3000m	Timed Final	Men	All
10:00	100m	Decathlon	Men	U18 (6) – U20 (11)
10:05	100m	Decathlon	Men	Open (13)
10:25	100mH 0.840m/13/8.5	Pentathlon	Men	U16 (2)
11:05	100mH 0.762m/13/8.5	Heptathlon	Women	U18 (6)
11:15	80mH 0.762m/12/8.0	Pentathlon	Women	U16 (4)
11:20	100mH 0.840m/13/8.5	Heptathlon	Women	U20 (7) – Open (8)
11:30	200m	Timed Final	Women - Men	U16
	200m	Timed Final	Women - Men	U18
	200m	Timed Final	Women - Men	U20
	200m	Timed Final	Women - Men	SHOWCASE
	<b>Track Break</b>			
1:15	300mH	Timed Final	Women	U16
	300mH	Timed Final	Women	U18
	300mH	Timed Final	Men	U16
	400mH	Timed Final	Men	U20
	400mH	Timed Final	Women	U20
1:55	800m	Timed Final	Women	U16 & U20
	800m	Timed Final	Men	U16
	800m	Timed Final	Women	U18
	800m	Timed Final	Men	U18 & U20
	800m	Timed Final	Men	SHOWCASE
EST. 3:45	200m	Heptathlon	Women	U18 (6) – U20 (7) – Open (8)
EST. 4:25	800m	Pentathlon	Women	U16 (4)
EST. 4:30	400m	Decathlon	Men	U18 (6) – U20 (11) – Open (13)
EST. 4:45	1000m	Pentathlon	Boys	U16



# NXTCHAMP INVITATIONAL

## SATURDAY FIELD SCHEDULE

Saturday, June 24, 2022							
Field	Vertical Jumps	Vertical Jumps	Horizontal Jumps	Horizontal Jumps	Throws	Throws	
9:30							
9:45							
10:00				U16/U18/U20	U16/U18/U20		
10:15	U16/U18/U20 Men High Jump 10:15	Open Women & Men Pole Vault 10:15		Women	Women		
10:30				Long Jump	Javelin		
10:45					10:00	10:00	
11:00							
11:15							
11:30			Flight 1	Flight 2	U16/U18	U16/U18/U20	
11:45			Men CE	Men CE	Women	Men	
12:00			Long Jump	Long Jump	Shot Put	Javelin	
12:15			Est. 11:30	Est. 11:30	11:30	11:30	
12:30	Flight 1 Women CE High Jump Est. 12:30	Flight 2 Women CE High Jump Est. 12:30					
12:45							
1:00						Flight 1	Flight 2
1:15						Men CE	Men CE
1:30				Shot Put	Shot Put		
1:45					Est. 1:00	Est. 1:00	
2:00				U16/U18/U20			
2:15				Men			
2:30				Triple Jump			
2:45				2:00	Flight 1	Flight 2	
3:00	Flight 1	Flight 2			Women CE	Women CE	
3:15	Men CE	Men CE			Shot Put	Shot Put	
3:30	High Jump	High Jump			Est. 2:30	Est. 2:30	
3:45	Est. 3:00	Est. 3:00					
4:00				U16 Women			
4:15				Pentathlon			
4:30				Long Jump			
				Est. 3:45			

\*Start actual times of successive events in the combined events competition will be determined by the Referee and communicated to each athlete\*



## SUNDAY TRACK SCHEDULE

Sunday, June 25, 2022				
Sections will be run Slow to Fast				
Time	Event	Round	Gender	Age Group (# of athletes)
8:30	110m Hurdles 0.914m/13.72/9.14	Decathlon	Men	U18 (6)
8:35	110m Hurdles 0.990m /13.72/9.14	Decathlon	Men	U20 (11)
9:40	100m Wheelchair	Timed Final		
	100m	Prelim	Women	U16
	100m	Final	Men	U16
	100m	Prelim	Women	U18
	100m	Prelim	Men	U18
	100m	Final	Women	U20
	100m	Final	Men	U20
	100m	Final	Women	SHOWCASE
	100m	Prelim	Men	SHOWCASE
10:30	1500m	Timed Final	Women	U16 – U18 – U20
	1500m	Timed Final	Men	U16
	1500m	Timed Final	Men	U18
	1500m	Timed Final	Men	SHOWCASE
11:10	110m Hurdles 1.067m/13.72/9.14	Decathlon	Men	Open (12)
11:30	110mH	Final	Men	U20
	110mH	Final	Men	U18
	100mH	Final	Men	U16
	100mH	Final	Women	U20
	100mH	Final	Women	U18
	80mH	Final	Women	U16
	Track Break			
1:00	100m	Final	Women	U16
	100m	Final	Women – Men	U18
	100m	Final	Men	SHOWCASE
	100m	Extra Run	Women	All Ages
	100m	Extra Run	Men	All Ages
1:35	2000mSC	Timed Final	Women	SHOWCASE
	2000mSC	Timed Final	Men	SHOWCASE
2:05	80mH	Extra Run	Women	U16
	100mH	Extra Run	Women	U18
	100mH	Extra Run	Women	U20
	100mH	Extra Run	Men	U16
	110mH	Extra Run	Men	U18
	110mH	Extra Run	Men	U20
2:30	400m Wheelchair	Timed Final		
	400m	Timed Final	Women – Men	U16
	400m	Timed Final	Women – Men	U18
	400m	Timed Final	Women – Men	U20
	400m	Timed Final	Women – Men	SHOWCASE
EST. 3:00	800m	Heptathlon	Women	U18 (6) – U20 (7) – Open (8)
EST. 4:30	1500m	Decathlon	Men	U18 (6) – U20 (11)
Est. 5:00	1500m	Decathlon	Men	Open (12)





## SUNDAY FIELD SCHEDULE

Sunday, June 25, 2022						
Time	Verticals	Verticals	Horizontals	Throws	Throws	
9:00						
9:15					U18 & U20 Men Decathlon Discus Est. 9:15	
9:30						
9:45						
10:00	U16/U18/U20 Women High Jump 10:00	Runway open for warm-up	U16 & U20 Men Long Jump 10:00			
10:15						
10:30		U18 & U20 Men Decathlon Pole Vault Est. 10:45		All Ages Women Heptathlon Long Jump 11:30		U18/U20 Women & Men Discus 10:30
10:45						
11:00						
11:15						
11:30						
11:45						
12:00						
12:15						
12:30				Decathlon Open Men Discus Est. 12:30		
12:45						
1:00						
1:15		Runway open for warm-up			All Ages Women Heptathlon Javelin Est. 1:30	
1:30						
1:45						
2:00		Open Men Decathlon Pole Vault Est. 2:00	U18 Men Long Jump 1:30	U18/U20 Men Shot Put 1:30		
2:15						
2:30						
2:45						
3:00					Decathlon U18 & U20 Men Javelin Est. 3:00	
3:15			U16/U18/U20 Women Triple Jump 3:15			
3:30						
3:45						
4:00					Open Men Decathlon Javelin Est. 4:20	
4:15						
4:30						
4:45						
4:00						

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