



**2023 NXTCHAMP INVITATIONAL
TECHNICAL PACKAGE REV. 1**

(Updated May 30, 2023)

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

June 24 - 25, 2023

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

NEW THIS YEAR

- NXTCHAMP has added SHOWCASE EVENTS.
- SHOWCASE EVENTS will be by invitation only & will include the highest performing athletes across all age groups. This will be elite level competition.
- 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	X					
110H				X		X				
300H	X	X								
400H			X	X	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 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.

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	400	10	33"	45m	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 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.

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 SCHEDULE

Saturday June 24, 2023

Track				
Event			First Heat	
U16	Women	3000	9:30 AM	
U16	Men	3000		
U18	Women	3000		
U18	Men	3000		
U20	Women	3000		
U20	Men	3000		
SHOWCASE	Women	3000		
SHOWCASE	Men	3000		
AWARDS				
U16	Women	200		11:00 AM
U16	Men	200		
U18	Women	200		
U18	Men	200		
U20	Women	200		
U20	Men	200		
SHOWCASE	Women	200		
SHOWCASE	Men	200		
AWARDS & TRACK BREAK				
U16	Women	300H	12:45 PM	
U18	Women	300H		
U16	Men	300H		
U18	Men	300H		
U20	Men	400H		
U20	Women	400H		
AWARDS				
U16	Women	800	1:55 PM	
U16	Men	800		
U18	Women	800		
U18	Men	800		
U20	Women	800		
U20	Men	800		
SHOWCASE	Women	800		
SHOWCASE	Men	800		
AWARDS				

Field			
Event			First Attempt
U16	Women	Javelin	10:00 AM
U18			
U20			
U16	Women	Long Jump	10:00 AM
U20			
U16	Men	High Jump	10:15 AM
U18			
U20			
Open	Women	Pole Vault	10:30 AM
U16	Women	Shot Put	11:30 AM
U18			
U20			
U18	Women	Long Jump	12:45 PM
U16	Men	Javelin	1:00 PM
U18			
U20			
Open	Men	Pole Vault	1:30 PM
U16	Men	Triple Jump	2:15 PM
U18			
U20			



SUNDAY SCHEDULE

Sunday June 25, 2023

Track			
Event			First Heat
U16	Women	100 Prelims	9:30 AM
U16	Men	100 Prelims	
U18	Women	100 Prelims	
U18	Men	100 Prelims	
U20	Women	100 Prelims	
U20	Men	100 Prelims	
SHOWCASE	Women	100 Prelims	
SHOWCASE	Men	100 Prelims	
U16	Women	1500	
U16	Men	1500	
U18	Women	1500	
U18	Men	1500	
U20	Women	1500	
U20	Men	1500	
SHOWCASE	Women	1500	
SHOWCASE	Men	1500	
AWARDS			
U20	Men	110H Prelims	11:30 PM
U18	Men	110H Prelims	
U16	Men	100H Prelims	
U20	Women	100H Prelims	
U18	Women	100H Prelims	
U16	Women	80H Prelims	
TRACK BREAK			
U16	Women	100 Final	1:00 PM
U16	Men	100 Final	
U18	Women	100 Final	
U18	Men	100 Final	
U20	Women	100 Final	
U20	Men	100 Final	
SHOWCASE	Women	100 Final	
SHOWCASE	Men	100 Final	
AWARDS			
SHOWCASE	Women	2000SC	1:35 PM
SHOWCASE	Men	2000SC	
U16	Women	80H Finals	2:05 PM
U18	Women	100H Finals	
U20	Women	100H Finals	
U16	Men	100H Finals	
U18	Men	110H Finals	
U20	Men	110H Finals	
AWARDS			
U16	Women	400	2:45 PM
U16	Men	400	
U18	Women	400	
U18	Men	400	
U20	Women	400	
U20	Men	400	
SHOWCASE	Women	400	
SHOWCASE	Men	400	
AWARDS			

Field			
Event			First Attempt
U16	Men	Discus	10:00 AM
U18			
U20			
U16	Men	Long Jump	10:00 AM
U20			
U16	Women	High Jump	10:15 AM
U18			
U20			
U18	Men	Long Jump	12:15 PM
U16	Women	Discus	1:00 PM
U18			
U20			
U16	Women	Triple Jump	2:00 PM
U20			
U16	Men	Shot Put	2:15 PM
U18			
U20			
U18	Women	Triple Jump	3:30 PM