



2025 Canada Summer Games Athletics Technical Package



Technical Packages are a critical part of the Canada Games. They guide the selection of athletes by prescribing the age and eligibility requirements, assist the Host Society by detailing competition formats and scoring procedures, assist Provincial/Territorial (P/T) Chefs de Mission in verifying eligibility, help with budgeting by describing the number of participants permitted, advance coach certification by stating minimum requirements, and generally contribute to athlete development by identifying each National Sport Organization's (NSO) version of athletes in the "Train to Compete" phase of its Long Term Development (LTD) model, or other suitable phase of LTD as justified by the NSO.

Technical Packages are developed 36 to 24 months prior to the Canada Games primarily by NSOs, following the Canada Games Council's (CGC) [Principles that Govern Technical Packages](#). As the overall governing body of the Games, the CGC has the ultimate authority over Technical Packages, but this authority is exercised only with the knowledge and understanding of the concerned NSO.

Relevant Games stakeholders, specifically Provincial/Territorial Sport Organizations (P/TSOs) and P/T team staff, are encouraged to review the Technical Package in detail to ensure a thorough understanding. If an individual wishes to seek clarification or initiate a change to a Technical Package leading up to a Games, the request should be first directed to the NSO or the Chef de Mission. The NSO or Chef de Mission will submit the requested change or clarification to the CGC for consideration. Timelines for requesting changes to major elements of the Technical Package (i.e. team sizes, age categories, eligibility restrictions, events, competition formats) are outlined in the Principles that Govern Technical Packages. Minor corrections will be considered at almost any time, but will be increasingly difficult to achieve within six [6] months of the Games. These time frames reinforce the importance of complete understanding of the Technical Package by Games stakeholders early.

TABLE OF CONTENTS

1. SPORT: ATHLETICS	2
2. PARTICIPANTS	2
3. AGE CATEGORIES	5
4. ELIGIBILITY	5
5. COMPETITION	7
6. TIE BREAKING RULES - COMPETITION	9
7. REGISTRATION & EVENT ENTRIES	9
8. SPORT SCORING POINTS	11
9. FLAG POINTS	12
10. TIE BREAKING RULES - FLAG POINTS	13
11. MEDALS	13
12. COMPETITION UNIFORM	13
13. EQUIPMENT	13
14. PROTEST & APPEALS	14
15. ANTI-DOPING	14
16. APPENDICES	14
APPENDIX 1 - COACH CERTIFICATION REQUIREMENTS	15
APPENDIX 2 - PERFORMANCE GUIDELINES	16

2025 Canada Summer Games Athletics Technical Package

1. SPORT: ATHLETICS

2. PARTICIPANTS

2.1. Athletes

Men: up to 31

Women: up to 31

Total team complement not to exceed 58 athletes.

Four (4) of the team positions are reserved exclusively for para athletes (two (2) men, two (2) women)*. Additionally, four (4) of the team positions are reserved exclusively for Special Olympics athletes (two (2) men, two (2) women).

P/T teams may request to change their para athletics breakdown to 3 men/1 woman or 3 women/1 man, only if they do not have other eligible athletes to fill the original quota breakdown of 2 men/2 women. Requests must be submitted to CGC by the P/T Chef de Mission and must demonstrate the P/T's attempt to fill the quota as originally allocated.

2.2. Competitors Breakdown

- Maximum of 50 able bodied athletes (men: up to 27; women: up to 27)
- Maximum of 4 Para athletics athletes (men: up to 2; women: up to 2)
- Maximum of 4 Special Olympics athletes (men: up to 2; women: up to 2)

2.3. Staff

- Under 20 athletes: 3 coaches, 1 manager. At least one of the coaches must be a woman.
- 21 - 30 athletes: 4 coaches, 1 manager. At least one of the coaches must be a woman.
- 31 - 35 athletes: 5 coaches, 1 manager. At least two of the coaches must be a woman.
- 36 - 40 athletes: 6 coaches, 1 manager or 5 coaches, 2 managers. At least two of the coaches plus one of the other staff (coach, manager) must be a woman for a minimum of 3 women staff members total.

- 41 - 58 athletes: 7 coaches, 1 manager or 6 coaches, 2 managers. At least two of the coaches plus one of the other staff (coach, manager) must be a woman for a minimum of 3 women staff members total.

It is highly recommended that P/Ts include a coach or team manager with para experience in their staff selection to help support the team.

2.4. Special Olympics Staff

For teams including Special Olympics athletes, one (1) additional coach OR manager shall be added to the above outlined in 2.3.

2.5. Additional Team Staff

- Apprentice Coach
 - See [Women in Coaching Canada Games Apprenticeship Program](#)
 - See [Aboriginal Apprentice Coach Program](#)
 - Apprentice coaches have the same access as athletes and team staff.
- Venue Pass Holder
 - See Venue Pass Holder Policy
 - Venue Pass Holders do not have access to the field of play
 - Venue Pass Holders' venue access
 - Sport Operational Zone (Zone 2)
 - Back of House Zone (Zone 3)

* Additional team staff positions are administered by the P/T Team. Positions must be applied for based on each P/T Team's process. For information pertaining to the process in your P/T contact your Chef de Mission.

2.6. Support for Participants

The Canada Games Council recognizes there can be barriers to participation/attendance at the Canada Games. The below policies have been developed to provide support to participants when required:

- Support for Breastfeeding/Chestfeeding Parents Policy
- Participant Assistant Policy

2.7. Para and Special Olympics Athlete Reallocation Policy

The Para and Special Olympics Athlete Reallocation Policy recognizes the challenges that exist in Para and Special Olympics sport and the level of participation needed to ensure meaningful and quality competition. Should the Para and/or Special Olympics athlete quota permitted to each team not be filled by each jurisdiction, the Para and Special Olympics Athlete Reallocation Policy will be followed to allocate additional Para and/or Special Olympics athletes to the competition.

3. AGE CATEGORIES

Able Bodied: Under 24 as of December 31, 2025 (Year of Birth: 2002 or later)

All Para athletes must be under 35 years of age as of December 31, 2025 – born 1991 or later.

Athletes will compete together in either track or throws with results being calculated through the WPA Points Scoring Tables or equivalent available in 2025. Men and women will not be combined. Para Athletes are eligible to compete in events where a WPA Point Scoring Table is available for their Sport Class.

“Able Bodied” competitors cannot be entered in Para-Athletics events.

Special Olympics athletes must be under 35 years of age as of December 31, 2024 – born 1990 or later.

4. ELIGIBILITY

4.1. Athletes

Able-bodied and para athletics

Excluded from the Canada Games are:

- Senior National Team Members - Defined as: Athletes who have held an SR, SR1, SR2 or C1 card at any time; and/or athletes who are part of (on the roster of) a standing Senior National Team (i.e. recognized as a Senior National Team member regardless of event participation)
- Athletes who have previously competed at the following events:

- WPA/WA World Championships (Track & Field, Road Running, Cross Country)
- Olympic/Paralympic Games
- Pan Am/Parapan Am Games
- Commonwealth Games

Special Olympics

Special Olympics athletes who have previously competed at the Special Olympics World Games are eligible to compete at the Canada Games.

Athletes participating in Special Olympics events must be registered with and be members in good standing of Special Olympics Canada and have qualified at events sanctioned by Special Olympics Canada.

No athlete can be rendered ineligible within 90 days of the opening of the Games due to National Team status, carding status or competing in an excluded event (i.e., if an athlete is granted National Team status or carding status for the first time, or competes in an excluded event on May 11th, 2025 or later, they will still be considered eligible to compete at the 2025 Canada Games).

Athletes who hold a C1 card (as defined by Sport Canada's Athlete Assistance program) or are in their first year of Senior National Team status may be deemed eligible on a case by case basis. Requests must be submitted to the respective Provincial/Territorial Team Chef de Mission and approved by the Canada Games Council Sport & Games Committee.

All athletes must meet the eligibility regulations outlined in CGC's Eligibility Policy.

Para Classification

Para Athletes must be Provisionally or Nationally classified and confirmed as eligible to compete in Para Athletics by an Athletics Canada Certified Classifier by July 10th, 2025.

Athletes with an intellectual impairment who wish to compete in the Para Shot Put and the 400m events must be on the Virtus master list for II1 (Intellectual Disability) to be considered eligible. Please contact Jennifer Campbell (je_camp@shaw.ca) to start this process.

Athletes may only compete in one category for athletes with intellectual impairments and may not compete as both an T/F20 Para Athletics athlete and a Special Olympics athlete.

4.2. Coaches

Head coaches named on the official registration form must have Athletics Canada NCCP Performance Coach Certified Status in at least one Track or Field discipline.

Assistant coaches named on the official registration form must have Athletics Canada NCCP Club Coach Certified Status in at least one Track or Field discipline, as well as completion of Athletics Canada's Canada Games PD module. Athletics Canada NCCP Performance Coach Trained status will also be accepted for assistant coaches.

Both Head and Assistant coaches are required to have completed the Coaching Association of Canada's "Coaching Athletes with a Disability" elearning module.

Special Olympics coaches named on the official registration form must have Athletics Canada NCCP Club Coach Certified Status in at least one Track or Field discipline, as well as completion of the Special Olympics Canada Competition-Introduction course.

Coaches must be so certified no later than 90 days prior to the opening ceremony (May 11, 2025).

Please note that "NCCP Performance Coach Certified, Not Renewed" / "NCCP Club Coach Certified, Not Renewed" does not qualify under the coaching standards for the 2025 Canada Summer Games.

Please refer to the CGC's Coach Certification Policy for additional information.

For more information on the coach certification pathway, please see Appendix 1.

5. **COMPETITION**

The competition will follow the most up to date World Athletics (WA) rules in 2025, as well as the most up to date World Para Athletics (WPA) rules for Para-Athletics events in 2025.

5.1. Events

Men (29 events)	Women (29 events)
100, 200, 400, 800, 1500 and 5000 metres	100, 200, 400, 800, 1500 and 5000 metres
Hurdles 110, 400 metres 3000 metres Steeplechase	Hurdles 100, 400 metres 3000 metres Steeplechase
100, 400, 1500 metres wheelchair	100, 400, 1500 metres wheelchair
100, 400 metres Para ambulatory	100, 400 metres Para ambulatory
Special Olympics: 100, 200 metres	Special Olympics: 100, 200 metres
Relays: 4 x 100 metres, 4 x 400 metres	Relays: 4 x 100 metres, 4 x 400 metres
High Jump, Long Jump, Triple Jump, Pole Vault	High Jump, Long Jump, Triple Jump, Pole Vault
Shot Put, Discus, Javelin, Hammer	Shot Put, Discus, Javelin, Hammer
Para Shot Put, Para Discus	Para Shot Put, Para Discus
Decathlon	Heptathlon

There is a maximum of two (2) entries per event per Province/Territory.

There is no limit to the number of events a competitor may enter. A Province/Territory may enter only one relay team in each relay event.

There will be qualifying rounds in all field events where the number of entries exceeds 17. In field events where there is a preliminary round, at least 12 athletes will advance to the final round. Athletes who have achieved the performance standards will advance to the final round of the event. Standards and rules of advancement will be presented at the technical meeting.

Semi-finals and finals will be conducted in all track events of less than 2000 metres as required by the number of entries.

For races of less than 1500 metres, there shall be a “B” final for those who do not qualify among the top eight who will run in the “A” final. The “B” final will have up to eight competitors. In the schedule of events, the “B” final shall precede the “A”

final. The “A” finalists will be determined in accordance with WA advancement Rule 20. The next eight fastest times will advance as “B” finalists.

To determine the number of rounds and the number of heats in each round, the tables outlined in WA rule 20 will be used with the following exceptions:

- The 1500m events shall be conducted as straight finals if there are fewer than 19 declared entrants; and,
- Regardless of the number of entries received, the 3000m Steeplechase and 5000m event shall be conducted as a straight final.

WA rule 4.4 and 4.5 (failure to participate) will be applied.

5.2. Schedule of Events

A draft schedule will be available to teams as soon as one has been developed and approved for public circulation.

After receiving and considering input from the Provinces and Territories, a revised draft schedule will be made available to teams.

NOTE: The Final Schedule may change when entries are received and the numbers entered in each event are known. Where qualifying rounds are not required, finals may be run at the time of the qualifying round. The final schedule will be done reflecting the number of athletes per event.

After receipt of the entries the schedule will be modified to reflect the number of entries in each event and the Final Schedule will be posted on the Canada Games website and communicated to the teams by email to the address from which the team entries were submitted.

5.3. Weather Protocol

Athletics Canada has Extreme Weather Guidelines that can be found [HERE](#).

6. TIE BREAKING RULES - COMPETITION

The competition will follow WA and WPA rules for breaking ties.

Medals in Para Events will be awarded using the [World Para Athletics \(WPA\) Score Points calculator](#). There must be a WPA Score Point associated with the athlete's classification and event to be able to compete. In the case of a WPA Score Point tie, the tie break will be done using best performance.

7. REGISTRATION & EVENT ENTRIES

7.1. Canada Games Council Registration Deadline

All participants (athletes, coaches, managers and additional team staff) must be registered in the Canada Games electronic registration system no later than 30 days prior to the Opening Ceremony (July 10th, 2025).

7.2. Entries

Only athletes registered through their Provincial/Territorial teams for the 2025 Canada Summer Games for the sport of Athletics can be entered in the Athletics competition at the 2025 Canada Summer Games.

Seed performances must be achieved outdoors between 01 March 2025 and July 16th 2025 at sanctioned or Provincial/Territorial branch-recognized competition (AC, Branch, WA).

Final entries showing seed performances shall be made by e-mail using Interpodia by July 10th 2025. All performances must appear in Athletics Canada official ranking system and therefore must include wind readings, implement weights, etc.

Within 24 hours of receiving the entries, the meet organizers will confirm receipt of the entries by sending a list of entries in each event to the e-mail address of the individual who submitted entries by email.

Each Province/Territory must declare a pool of (8) athletes (max) for each of their relay events at the Technical Meeting. During the meet, each Province/Territory will declare their runners in the relay event from the pool of athletes in that event.

Each team shall identify any omissions or oversights to their entries to the meet organizers within 24 hours of receipt of the entry list.

Official results must be submitted, at the request of the Technical Representative, for verification of seed performances.

7.3. Finalizing Entries

A Final Confirmation of Entries will be in effect at the 2025 Canada Summer Games. The final confirmation must be submitted in writing to the Technical Representative, one hour prior to the opening of the Technical Meeting.

The deadline for the confirmation of entries is 17:00 on the day before the event is to be held. Confirmation of entries is to be presented in writing to the Host Society's Results Lead.

8. SPORT SCORING POINTS

Sport scoring points are a tool used to determine the performance of a P/T Team across all events within a sport. At the conclusion of an event, sport scoring points will be awarded using the following criteria:

- In the individual events there are 26 scoring positions, with points awarded for 1st through 26th position as follows:

Pos	PTS	Pos	PTS	Pos	PTS	Pos	PTS	Pos	PTS
1st	100	7th	55	13th	35	19th	20	25th	8
2nd	90	8th	50	14th	32	20th	18	26th	6
3rd	80	9th	47	15th	29	21st	16		
4th	70	10th	44	16th	26	22nd	14		
5th	65	11th	41	17th	24	23rd	12		
6th	60	12th	38	18th	22	24th	10		

- For events run in lanes, positions 9 to 16 shall be determined by the order of finish in the “B” final. Qualifiers for the “A” final shall be scored from 1-8 depending upon finish order in the “A” final. Athletes not in the “A” or “B” final shall be ranked by their time, height or distance from qualifying rounds.
- In the relay events there are 13 scoring positions, with points allocated for 1st through 13th as follows:

Placing	Points	Placing	Points	Placing	Points
1st	100	6th	40	11th	15
2nd	80	7th	35	12th	10
3rd	65	8th	30	13th	5
4th	55	9th	25		
5th	45	10th	20		

- Positions 9 through 13 shall be determined by the order of finish of the “B” final. Qualifiers for the “A” final shall be scored from 1-8 depending on the order of finish in the “A” final.
- Athletes and relay teams competing in the qualifying round of track events and in qualifying rounds of field events that do not finish (DNF), are disqualified (DSQ), do not start (DNS), or do not record a valid jump or throw (NH) (NM) shall not score team points. Furthermore, athletes and relay teams that DNF, are DSQ, DNS, NH or NM in events that are contested as a straight final (i.e. no qualifying round is held) shall not score team points. The exceptions to the above are the Combined Events (Heptathlon and Decathlon) where athletes who start each of the events that make up the combined event shall be deemed to have finished the Combined Event even if they do not finish or record a performance in one or more of the events that make up the combined event.
- Athletes who have qualified for the finals will be awarded points since they did rank higher than the athletes who were beat out in the preliminary rounds. For example, if Athlete X advances to the “A” Final but then gets disqualified, he/she would still be awarded points of the 8th place finisher (50 pts based on the scoring system). If two athletes were to be DSQ in the “A” Final, they would then split the points that would have been awarded to the 7th and 8th place finishers $(55+50)/2 = 52.5$ pts per competitor. The same procedure applies to athletes and relay teams that do not finish the B final and to athletes that have qualified for a field event final but do not record a valid performance in the final.
- Furthermore, athletes or relay teams not finishing (DNF), disqualified (DSQ), not starting (DNS) or with no valid jump (NH) do not score in the overall ranking in events with a straight final.
- All individual and relay events shall be scored according to the above-mentioned system regardless of the number of entries received and/or Provinces/Territories represented.

9. FLAG POINTS

Games to Games performance by a P/T Team at the Canada Games is measured by accumulated Flag Points. Every P/T Team is awarded Flag Points for its ranked performance in each sport in which it competes.

In Athletics, Flag Points will be awarded separately for women and men events based on the total of sport scoring points awarded.

After ranking the P/T Teams from first to last, and after any ties have been resolved as detailed in [Section 10 \(Tie Breaking Rules - Flag Points\)](#), Flag Points will be awarded as follows:

Placing	Points	Placing	Points	Placing	Points
1st	10	6th	5	11th	1.5
2nd	9	7th	4	12th	1
3rd	8	8th	3	13th	0.5
4th	7	9th	2.5		
5th	6	10th	2		

10. TIE BREAKING RULES - FLAG POINTS

If there is a tie in points between two or more Provinces/Territories, the tie shall be broken in favour of the Province/Territory with the most first places, if still tied, the most second places, and if still tied, the most third places and so on until the tie is broken.

11. MEDALS

11.1. The Canada Games will award medals to athletes only. Gold, silver and bronze medals will be presented for each event.

11.2. Gold: 78 Silver: 78 Bronze: 78

Note: Relay teams may be awarded up to eight 8 medals if there are changes in runners from heats to finals. Only the four (4) finalists will take part in the medal ceremony.

12. COMPETITION UNIFORM

Provincial/Territorial team colours must be worn. Additional information on each Provincial/Territorial teams colours can be found in Appendix C of the CGC's P/T Team Uniform and Sponsorship Policy.

13. EQUIPMENT

The organizers will provide starting blocks, relay batons, and throwing implements, including Para weights. Throwers may submit their implements for certification and use in the event's equipment pool. Athletes in the pole vault and decathlon must provide their own poles, which must be submitted for inspection and control prior to the event.

14. PROTEST & APPEALS

14.1. Canada Games Council Protest Policy & Appeal Policy

Appeals relating to the Athletics Technical Package or any decisions made by the CGC will be made in accordance with the CGC's Appeal Policy.

Protests relating to disputes between and among Provincial/Territorial Teams as it relates to the Canada Games Council (CGC) Policies, Procedures and Principles that Govern Technical Packages (PTGTP) will be made in accordance with the CGC's Protest Policy.

14.2. Competition Protests

All competition protests will be according to WA rule 8.

15. ANTI-DOPING

The CGC adopts the Canadian Anti-Doping Program (CADP) Covenant as a fundamental commitment to engage in a cooperative and collaborative effort to eliminate doping in sport and to support harmonized, coordinated and effective anti-doping measures in

Canada. Any Canada Games participant (athlete, coach, manager, technical support, or other person) found to have committed an anti-doping rule violation at the Canada Games (as determined pursuant to the CADP) will be subject to all of the penalties and consequences, as outlined in the [Canadian Anti-Doping Program](#).

16. APPENDICES

Please review the attached appendices as they form an integral part of this technical package.

- APPENDIX 1 - Coach Certification Requirements
- APPENDIX 2 - Performance Guidelines

APPENDIX 1 - COACH CERTIFICATION REQUIREMENTS

The NCCP model distinguishes between training and certification. Coaches can participate in training opportunities to acquire or refine the skills and knowledge required for a particular coaching context and as a result, they are considered “trained”.

To become “certified” in a coaching context, coaches must be evaluated on their demonstrated ability to perform within that context in areas such as program design, practice planning, performance analysis, program management, ethical coaching, support to participants during training, and support to participants in competition.

NCCP coaches are described as follows:

- **In Training** – when they have completed some of the required training for a context;
- **Trained** – when they have completed all required training for a context;
- **Certified** – when they have completed all evaluation requirements for a context.

For more information relating to NCCP Performance Coach and Club Coach training and certification, visit [HERE](#).

APPENDIX 2 - PERFORMANCE GUIDELINES

The following Performance Guidelines have been established by the respective NSO, at the request of the CGC and the Federal-Provincial/Territorial Sport Committee (FPTSC), to reflect the expected training and/or performance parameters of a typical Canada Games athlete in the Training to Compete phase of Long Term Development (LTD). These Performance Guidelines have been developed as a tool for P/T teams to use at their discretion in the training and selection of their Canada Games teams. These Guidelines are not required selection criteria.

Women			Men	
Performances			Performances	
36 athletes or more*	35 athletes or less*		36 athletes or more*	35 athletes or less*
12.28s	13.48s	100m	10.94s	12.03s
25.06s	27.56s	200m	22.06s	24.26s
57.30s	1:03.00s	400m	49.38s	54.31s
2:12.53s	2:33.53s	800m	1:53.57s	2:20.06s
4:34.18s	5:17.18s	1500m	3:53.28s	4:38.28s
20:18.21s	22:18.21s	5000m	15:26.75s	17:18.75s
15.40s	16.94s	100m H		
		110m H	16.00s	17.60s
1:05.98s	1:12.57s	400m H	59.76s	1:05.73s
		3000m ST		
12:09.04s	13:29.04s		11:34.56s	12:48.01s
1.60m	1.44m	HJ	1.85m	1.66m
3.10m	2.79m	PV	3.80m	3.42m
5.43m	4.88m	LJ	6.53m	5.87m
11.11m	9.99m	TJ	13.01m	11.70m
10.63m	9.56m	SP	12.32m	11.08m
33.45m	30.10m	DT	38.17m	34.35m
32.46m	29.21m	JT	46.06m	41.45m
37.48m	33.73m	HT	30.66m	27.59m
No standard		Hepta		
		Deca	No standard	

* Size of the team