



2026 NL SUMMER GAMES **Athletics** TECHNICAL PACKAGE

Technical Packages for the NL Games are developed by the Provincial Sport Organization governing each respective sport. Questions should be directed to the Technical Chairperson as noted in Section 1 below, or to the Sport NL Games Coordinator Kelli Slaney by email kslaney@sportnl.ca or phone 709-576-4932.

1. TECHNICAL CHAIRPERSON

George Stanoev, Executive Director, NLAA

P.O. Box 3202, Paradise, NL A1L 3W4

Tel: 709-576-1303

Email: athletics@nlaa.ca

Special Olympics

Jennifer McCann, Program Director, Special Olympics Newfoundland & Labrador
005-40 Aberdeen Ave, St. John's, NL A1A 5T3

Tel: 709-738-1923

Mobile: 709-690-8334

Email: jennifer@sonl.ca

Para Athletics

Margaret Tibbo

margarettibbo@nf.sympatico.ca

2. CONVENER

Danielle Shea: danielleshea77@gmail.com

3. ELIGIBILITY

Open to all players within the age classification guideline, as well as all coaches and managers, as directed in Section 4.1 of the NL Games Policy Manual issued by Sport Newfoundland and Labrador.

- All regional athletes and staff (coach, manager, attendants) must be registered members of the NLAA by July 27, 2026.
- All competitors (including Special Olympics and Para Athletes) must be registered Track and Field members with NLAA.
- Coaches must hold an NLAA coach membership.

- Managers must be registered members of the NLAA.
 - Special Olympics athletes must also be members of Special Olympics NL (SONL). Any athlete not currently associated with a Special Olympics club can contact SONL, as per Section 1 above, to register at no cost.
 - All athletes must comply with regional eligibility regulations as outlined in the NLGames Policy in Section 16 of this Technical Package.
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4. AGE CLASSIFICATION

U18: Born 2009-2010-2011-2012 (age 14 - 17 as of Dec 31, 2026)

Special Olympics: Born 2005 through 2012 (age 14 - 21 as of Dec 31, 2026)

Para Athletics: Born 2005 through 2012 (age 14 - 21 as of Dec 31, 2026)

5. PARTICIPANTS PER REGION

5.1. ATHLETES

Female Team

10 athletes + 1 Special Olympics athlete and 1 Para Athlete.

Male Team

10 athletes + 1 Special Olympics athlete and 1 Para Athlete.

5.2. STAFF

- Regional teams are permitted to carry a maximum of four (4) staff members, a maximum of two per gender, at least one (1) of whom is designated as a coach and trained in NCCP RJTW, Sport Coach, or Level 1 Technical in Athletics.
 - There must be at least one (1) female staff member for every eight (8) female athletes. If there are more than eight (8) female athletes, teams are permitted to carry an extra female coach/manager.
 - There must be at least one (1) male staff member for every eight (8) male athletes. If there are more than eight (8) male athletes, teams are permitted to carry an extra male coach/manager.
 - Each Special Olympics or Para Athlete is permitted to have an attendant. The attendant must be the same gender as the athlete, though exceptions may be considered upon request and subject to the host's ability to accommodate.
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6. STAFF SELECTION

Coaches and managers must be at least **19 years of age** as of the first day of the games (August 8th, 2026). All team staff must have a current Criminal Record Check/Vulnerable Sector Check on file, complete [Safe Sport Training](#) Module and [Rule of Two Module](#) (both of which are free).

Staff designated as coaches must be trained to be at least NCCP RJTW, Sport Coach or Level 1 Technical in Athletics. The NLAA will determine the process for selecting coaches and managers. This will be communicated to the Regional Coordinator for each region before the regional qualifier. Attendants are subject to approval by the governing body (Special Olympics or Para), the PSO, and Sport NL.

7. REGIONAL QUALIFIERS

Each competing region must hold a regional qualifier for team selection by July 10th, 2026. Contact the Technical Chairperson for information on the Regional Coordinator and competitions.

7.1. REGIONAL QUALIFIER COMPETITION

7.1.1. For information, please contact Regional Contacts as per Section 8.

8. REGIONAL CONTACTS

The Host Region	
Avalon	
Central	
Eastern	
Labrador	
Mount Pearl / South	
St. John's / North	
Western	
Team Indigenous	
Saint-Pierre et Miquelon	

9. REGISTRATION DEADLINE

Each regional team must register with the Host by July 17, 2026, through an online registration system provided by the Host.

10. COACHES MEETING

One coach or staff representative from each region and each sport is required to attend the following meetings in the Host region at the commencement of the NLGames:

1. **Coach / Manager General Meeting - *date, time and location to be confirmed***
Chaired by SportNL and including brief presentations from the Host Committee - will cover logistical information on transportation, accommodations, food services, entertainment, venues, etc.
2. **Sport Technical Meeting - *date, time and location to be confirmed***
Chaired by the Technical Chair of your sport - will cover sport-specific technical information for your competition.

11. SANCTION

The Newfoundland and Labrador Athletics Association (NLAA) sanctions the athletics competition. The rules for this competition will be governed by World Athletics (WA) 2026 rules and variations as per Athletics Canada and NLAA rules.

12. SCHEDULE

Athletics is a **SECOND HALF** Sport in the 2026 NL Summer Games from **August 12th-15th.**

The schedule is as follows:

- Arrive in Corner Brook Aug 12th
- Competition Days August 13th and 14th.
- Depart Corner Brook August 15th

Final sport schedules will be posted on www.nlgames.ca in early August after regional teams are selected and registration is completed.

13. VENUE

Stephenville High School Track

14. MEDALS

Gold, Silver and Bronze medals will be presented in each event to the first, second and third place individual finishers and relay teams, by gender, in the U18, Special Olympics and Para (Ambulatory and Wheelchair) categories.

15. TECHNICAL INFORMATION

15.1. GENERAL EVENT RULES

- 15.1.1.** The competition will be conducted as per the World Athletics (WA) Handbook and variations as per Athletics Canada and NLAA rules.

15.2. Competition Categories for Boys and Girls (An athlete can only compete in one category):

- 15.2.1. U18
- 15.2.2. Para (standing and sitting)
- 15.2.3.** Special Olympics

15.3. Competition Events for Boys and Girls:

- 15.3.1. U18
 - 15.3.1.1. Running: 100m, 200m, 400m, 800m, 1500m, 3000m
 - 15.3.1.2. Jumps: Long Jump, High Jump
 - 15.3.1.3. Throws: Shot Put Girls 3kg/ Boys 5kg, Discus Throw Girls 1kg / Boys 1.5kg, Javelin Throw 500g/700g
 - 15.3.1.4. Relays: 4x100m Relay, 4x100m Integrated Relay* (IR), 1600m Medley Relay (400-200-200-800)
 - 15.3.1.4.1. Integrated relay includes 1 SO athlete and/or 1 para-athlete, and 2 or 3 U18 athletes. The 4x100m Integrated Relay does not score points.

15.3.2. Para Events (Ambulatory or Wheelchair):

- 15.3.2.1. 100m, 400m, Shot Put 3kg

15.3.3. Special Olympics:

- 15.3.3.1. 100m, 200m, Standing Long Jump

15.4. Equipment:

- 15.4.1. Implements will be made available by the Organizing Committee. Personal throwing implements will also be allowed and must be checked in prior to the event

15.5. Bib Numbers:

- 15.5.1. Each athlete will receive a bib number. All athletes must wear their bib number on their chest. Bib numbers will be distributed during the technical meeting.
- 15.6. High Jump Opening Height & Height Progressions
 - 15.6.1. Girls: 1.10m by 5cm to 1.40m then by 3cm
 - 15.6.2. Boys: 1.30m by 5cm to 1.60m then by 3cm
- 15.7. Point System:
 - 15.7.1. In the individual events, there are 20 scoring positions, with points awarded for 1st through 20th position as follows:
 - 1st place -> 24pts
 - 2nd place -> 21 pts
 - 3rd place -> 19 pts
 - 4th place -> 17 pts
 - 5th place -> 16 pts
 - 6th place -> 15 pts
 - 7th place -> 14 pts
 - 8th place -> 13 pts
 - 9th place -> 12 pts
 - 10th place -> 11 pts
 - 11th place -> 10 pts
 - 12th place -> 9 pts
 - 13th place -> 8 pts
 - 14th place -> 7 pts
 - 15th place -> 6 pts
 - 16th place -> 5 pts
 - 17th place -> 4 pts
 - 18th place -> 3 pts
 - 19th place -> 2 pts
 - 20th place -> 1 pt
 - 15.7.2. In the relay events, there are 10 scoring positions, with points allocated for 1st through 10th as follows:
 - 1st place -> 48 pts
 - 2nd place -> 42 pts
 - 3rd place -> 38 pts
 - 4th place -> 34 pts
 - 5th place -> 32 pts
 - 6th place -> 30 pts
 - 7th place -> 28 pts
 - 8th place -> 26 pts
 - 9th place -> 24 pts
 - 10th place -> 22 pts

15.7.3. Rankings and rounds:

- 15.7.3.1. In the 100m and 200m, positions 7 to 20 will be determined by the finish order in the qualifying round. The winner of each heat, along with the 3 or 4 fastest remaining athletes, will advance to the final and be ranked 1-6 based on their finishing positions.
- 15.7.3.2. All other track events will be run either as a timed section final or a straight final.
- 15.7.3.3. Field events: Each competitor is allowed three attempts, with the top 8 earning three more attempts. The final standings will be determined by the best of six attempts.
- 15.7.3.4. 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.
- 15.7.3.5. Athletes who have qualified for the finals will be awarded points since they ranked higher than the athletes who were eliminated in the preliminary rounds. For example, if Athlete X advances to the Final but then gets disqualified, he/she would still be awarded points of the 8th place finisher. 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 $(10+9)/2 = 9.5$ pts per competitor.
- 15.7.3.6. 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.
- 15.7.3.7. Ties will be resolved according to World Athletics rules. In case of a complete tie, the same points will be awarded to both athletes. The next athlete down in the listing will receive points according to the placing that he would have if no tie had taken place. All events are scored, including Special Olympics and Persons with disability (Para), except the 4x100m integrated relay. The integrated relay is a non-scoring event.

15.8. Competition Entries

- 15.8.1. Each region is allowed to enter up to two (2) athletes per event. An athlete will be permitted to register for a maximum of three (3) events plus relays.

- 15.8.2. Online track and field competition registration will open in July 2026 and will close in early August 2026. All entries, seed performances and confirmation are the responsibility of the athlete and team staff. A regional coach or manager can complete entries, and they should be done for each athlete.
- 15.9. Competitive Uniform
 - 15.9.1. Regional colours should be worn - <https://nlgames.ca/about/regions/>

16. NL GAMES POLICIES

All residency policies, sport requirements and regional team selection policies are outlined in the [NL Games Policies & Procedures Manual](#). All roster substitutions/additions guidelines are also clearly outlined in this policy.

The team selection guidelines, as outlined in the above policy, should be thoroughly reviewed to ensure there are no eligibility concerns for any team member. All questions regarding residency rulings should be directed to the Games Coordinator for review.

Version Control:

- Version 1.0 - November, 2023 - Original