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# 2025 Canada Summer Games

## NLAA Team Selection Policy

The 2025 Canada Summer Games are scheduled for August 8 - 24 in St. John's, NL; athletics is in the second week. This policy outlines team selection rules for able-bodied, para-athletics, and Special Olympics athletes.

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## 1. Athlete Eligibility Criteria - To be eligible for consideration for team selection, athletes must

- 1.1. NLAA Membership: Before the end of the registration period for the Team Selection Trials, athletes must hold a 2025 NLAA track and field membership and be a member in good standing.
  - 1.1.1. Member in Good Standing—A member who has paid all lifetime and annual activity fees, is not under temporary or permanent suspension and is not in violation of any Athletics Canada and NLAA Policies. Only members in good standing are entitled to receive membership services and to participate in NLAA events.
- 1.2. Meet all requirements outlined in the remainder of this document. The final selection of the Newfoundland and Labrador Team will be contingent on the athlete agreeing to:
  - 1.2.1. Abide by the terms and conditions established by the NLAA.
  - 1.2.2. Continue regular training and participate in the NLAA Team preparation programme, including competition(s), training camp(s), assembly camp(s) and the 2025 Canada Summer Games.
  - 1.2.3. Sign a conduct and obligations policy before the beginning of the selection meeting.
  - 1.2.4. Breach of any part of this policy could result in de-selection at any time.
- 1.3. Meet all conditions and eligibility criteria as outlined in the following policy documents:
  - 1.3.1. Canada Games Council Games Policy and Procedures - Athlete Eligibility Policy (including Citizenship, Membership and Residency) - <https://drive.google.com/file/d/1wUszKUOf7U-2GvIpWw7vTUdqfha5f0UW/view>
  - 1.3.2. 2025 Canada Summer Games Athletics Technical Package - <https://www.canadagames.ca/sports/athletics>
  - 1.3.3. Team NL Canada Games Policies & Procedures Manual (<http://www.teamnl.ca/documents>)
- 1.4. Age:
  - 1.4.1. Able-Bodied: Under 24 as of December 31, 2025, born in 2002 or later.
  - 1.4.2. All Para-Athletics Classifiable athletes must be under 35 years of age as of December 31, 2025, and must have been born in 1991 or later.
  - 1.4.3. Special Olympics athletes must be under 35 years of age as of December 31, 2024, and must have been born in 1990 or later.
- 1.5. All participants (athletes, coaches, managers and additional team staff) must be:
  - 1.5.1. Registered in the Canada Games electronic registration system 30 days before the Opening Ceremony (July 10th, 2025).
  - 1.5.2. Complete any additional documents and training as required by SportNL/TeamNL.

## 2. General Selection Principles, Criteria and Conditions

- 2.1. Participation at the 2025 Canada Games Selection Meet (Trials), date TBD (June or July 2025), is MANDATORY for all athletes.
  - 2.1.1. The rule applies to all athletes, including athletes attending out-of-province universities, work-term or residents who are temporarily away from the province.
- 2.2. During the Trials, athletes must compete in the event(s) they wish to be considered for team selection, noting the **Athlete Selection Procedure points 5.2.1.1, 5.2.4 and 5.2.6.4** regarding not competing at trials.
- 2.3. All athletes who wish to be considered for team selection must:
  - 2.3.1. Submit a "Canada Summer Games Team Application" by the end of the day at the **NLAA Canada Games Selection Meet (the Trials)**.
  - 2.3.2. Be selected as per the **Athlete Selection Procedure (section 5)**.
- 2.4. Qualifying Period:
  - 2.4.1. The "Qualifying Period" for each event begins on **March 1, 2025, and ends at the completion of the event at the 2025 Canada Games Selection Meet.** (outdoor competitions only).
    - 2.4.1.1. No performances achieved in any event before or after the Qualifying Period will be valid for selection to the Canada Games team.
  - 2.4.2. For out-of-province competitions, the athlete is expected to supply a copy of the official results as soon as possible or within two (2) weeks following the competition.
    - 2.4.2.1. Performances where no official results are available will not be considered for selection.
- 2.5. Legitimate Performances only:
  - 2.5.1. Selection standards are Senior Specifications only.
  - 2.5.2. Only performances achieved while an NLAA Track & Field Member will be eligible for Team selection. Performances will not be retroactively accepted.
  - 2.5.3. Only World Athletics (WA) legal performance will be eligible for team selection (for example, false start rule, wind velocity, Athletics Canada-sanctioned competitions, NLAA designated competitions, etc...)
  - 2.5.4. All performances for all events must be attained at a sanctioned meet recognized by NLAA, another provincial branch, or a member of the Athletics Association of the World Athletics.
  - 2.5.5. All out-of-country results must be reported to the NLAA office or included in Athletics Canada rankings.
  - 2.5.6. Only legal electronic times with a wind reading of not greater than 2.0 meters per second will be accepted to achieve standards during the 2025 outdoor season in the 100m, 200m, 100m hurdles, 110m hurdles, long jump, and triple jump. Hand times will not be accepted.
    - 2.5.6.1. This rule will not apply to performances achieved during the 2025 Selection Meet.

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- 2.5.7. Standards in all running events will be considered for team selection when achieved under a Fully Automatic Timing and Photo Finish System approved by WA. No hand-timed performances will be accepted.
  - 2.5.8. 5000m - Performances at 5000m will be accepted if they are legal performances on the track. Results from the mixed competition are allowed. Under no circumstances will road race performances be considered.
  - 2.6. In-province designated competitions held in 2025 are eligible to achieve Canada Games performance standards (**meets to be confirmed by April 2025**):
    - 2.6.1. Canada Summer Games Selection Meet
    - 2.6.2. NLAA Provincial Age-Class Championships
    - 2.6.3. Legion Provincial Track and Field Championships
    - 2.6.4. NLAA Senior High School Meet
    - 2.6.5. NLAA Junior High School Championships
  - 2.7. Requests for an exemption to attend or to skip the Canada Games Selection Meet - Extenuating Circumstances.
    - 2.7.1. Athletes or their representatives must send their request in writing to the NLAA Provincial Office and have it reviewed by the Canada Games Coaching Committee. Approval to skip the Selection Meet does not grant commitment to team selection. Athletes who have been exempt from participating in the Trials must rank first or second in that event against other event applicants and fall within the "B" team performance standard.
    - 2.7.2. Athletes or their representatives must submit their requests at least forty-five (45) days before the **Trials**. Any request sent after this time will be heard but will be subject to stricter evaluation. Circumstances such as illness, injury, or periods of bereavement will not be subject to the same time constraints but must be communicated as soon as possible. Documentation may be required.
    - 2.7.3. Illness or injury - a medical certificate is required, plus a fitness test and the attainment of a "B" standard before team selection.
    - 2.7.4. Performance level is an important factor in assessing extenuating circumstances. If an athlete with multiple performances beyond the A standard has an extenuating circumstance, the request will be far more likely to be approved than an athlete with a single B standard.
    - 2.7.5. Examples of extenuating circumstances include but are not limited to national team events/opportunities, post-secondary educational events, and family emergencies.
  - 2.8. Alternates - Up to four male and four female athletes may be selected as alternates.
    - 2.8.1. Alternates must meet the Eligibility Criteria;
    - 2.8.2. Athletes must achieve at least a "B" performance standard and will be selected to the team according to the Athlete Selection Procedure;
    - 2.8.3. Alternates are not part of the traveling team. Substitutions will be made according to the substitution rules for the Canada Summer Games (CSG).
  - 2.9. Events:
    - 2.9.1. A maximum of two (2) athletes per event in each gender will be selected.

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- 2.9.2. There is no limit to the number of events a competitor may enter in the Games; however, in most cases, the Games meet schedule does determine what is reasonably feasible for the athlete to consider.
- 2.9.2.1. The Canada Games Coaching Committee reserves the right to limit the number of events an athlete with a “B” standard can enter at the Canada Games.
- 2.9.3. All athletes must compete in the same event at the Trials as they would in the Games.
- 2.9.3.1. If an athlete wishes to compete in a different event in the Games, they will have to be re-selected. An athlete may be entered in additional events if performances in those event(s):
- 2.9.3.1.1. Are equal to, or surpass, the published “B” standard.
- 2.9.3.1.2. Do not displace another athlete already selected in that event.
- 2.9.3.1.3. Would not hinder performance in the primary selected event as determined by the Canada Games Coaching Committee in consultation with the athlete and personal coach.
- 2.9.3.2. Exceptions—The Canada Games Coaching Committee may excuse athletes with an “A” standard in the 1500m, 5000m, and 3000m S/C from participating in those events so that they can compete in alternate events at the Trials.
- 2.9.3.2.1. The “Exceptions” process is not automatic, and athletes must apply to the Committee in writing via email to athletics @ nlaa.ca at least ten days before the Trials.
- 2.9.4. After being named to the Team and during the Canada Games competition, an athlete may only compete in the event(s) in which they were selected to the team OR as a relay member as outlined in the Athlete Selection Procedure.
- 2.9.5. Pole Vault (**this section will be updated in April 2025**):
- 2.9.5.1. Athletes wishing to be considered for team selection in the Pole Vault must notify the NLAA Office of their intent by **April 1, 2025**.
- 2.9.5.2. The Pole Vault competition may be held indoors at the PowerPlex Facility in St. John’s up to 2 weeks before the Selection Meet.

### 3. Athlete Requirements to Maintain Selection

- 3.1. “Competition Ready” is defined as the athlete's ability to achieve equal or superior performance(s) on-site at the scheduled event compared to the performance(s) the athlete achieved in qualifying for nomination to the team.
- 3.2. Following selection to the 2025 Canada Games, NLAA team staff will monitor the training process, physical readiness, and health status of team members to compete in the Games, with the option of substituting athletes who do not meet the “Competition Ready” criteria.
- 3.3. Once nominated, athletes with questionable competitive readiness because of lack of fitness, injury, or illness may be removed from the team at any time. Athletes are required

- to immediately report any injury, illness, or change in training that could affect their ability to compete at their highest level, the Canada Games. Notification must be sent to the NLAA office.
- 3.4. Athletes unable to perform at the “Competition Ready” level due to injury, illness, or lack of fitness will be evaluated in 2 distinct steps before their entry is confirmed to the team. The final decision on competitive readiness will be made by the Canada Games Coaching Committee at least one (1) week before team departure using all available information gathered in the 2-step process:
- 3.4.1. STEP 1: Medical Clearance
- 3.4.1.1. This evaluation will be completed by the athlete’s doctors, health care providers, and/or with assistance from the NL High-Performance Centre personnel. It will include a detailed prognosis and estimate of when the athlete can be cleared for training and competition without risking further injury or illness. The NLAA office will receive this information as it becomes available.
- 3.4.2. STEP 2: Specific Evaluation
- 3.4.2.1. When medical clearance has been granted, the athlete’s fair and reasonable event-specific performance test will be completed and evaluated by the Canada Games Coaching Committee in consultation with the athlete’s personal coach.
- 3.5. The athlete will not travel with the team if the Committee cannot establish competitive readiness before departure.

## 4. Athlete Appeals Mechanism

- 4.1. Only athletes who meet one or more of the following policies are eligible to Appeal Team Selection.
- 4.1.1. Athlete Eligibility Criteria
- 4.1.2. General Selection Principles
- 4.1.3. Athlete Selection Procedure
- 4.2. No one person can serve on the Team Selection and Appeals Committees. The team becomes official only after all appeals have been exhausted.
- 4.3. An appeal shall be heard ONLY on the grounds that the selection process and final decision were flawed based on the following:
- 4.3.1. The selection committee failed to follow procedures in the approved selection criteria;
- 4.3.2. The selection committee failed to consider relevant information or took into account irrelevant information in making the decision;
- 4.3.3. The selection committee exercised its discretion for an improper purpose and/or
- 4.3.4. The selection committee made an unreasonable decision.
- 4.4. The athlete shall be given 24 hours to request an appeal. This 24-hour period shall begin at midnight after the names of the preliminarily selected athletes have been posted online at [www.nlaa.ca/track-and-field/canada-games/](http://www.nlaa.ca/track-and-field/canada-games/).

- 4.5. The athlete must present their reasons for appeal in writing to the Chair of the Appeals Committee.
- 4.6. The Appeals Committee shall review the correspondence and decide whether or not the request has grounds for a hearing. They shall also review all documentation from the selection committee regarding the selection procedure.
- 4.7. If there are no legitimate grounds, the Chair of the Appeals Committee shall call or email the athlete advising them of the decision. This will be followed up with a formal letter to the athlete.
- 4.8. If the Appeals Committee feels there are grounds for an appeal hearing, the following procedures will take place:
  - 4.8.1. The Chair of the Appeals Committee shall select the date, time, and meeting format (in-person or virtual) to hear the appeal. This will be done no later than 48 hours after receipt of the appeal request.
  - 4.8.2. The Appeals Committee shall hear the athlete's complaint. The athlete may be accompanied by an athlete advocate (parent, guardian, legal advisor, etc.) in person or virtually.
  - 4.8.3. The Appeals Committee shall hear from the Selection Committee.
  - 4.8.4. The Appeals Committee will make a final, binding decision at the appeal hearing.
  - 4.8.5. The Appeal's Committee Chair will contact the athlete by phone no later than 24 hours after the hearing to advise her/him of the outcome. This will be followed up by a formal letter and a copy of the appeal findings and recommendation.
  - 4.8.6. The Appeals Committee Chair will contact the Head Coach by phone or email to advise them of the outcome. A copy of a formal letter will follow up this decision to the Head Coach and a copy of the appeal findings and recommendations.

## 5. Athlete Selection Procedure

- 5.1. PREAMBLE
  - 5.1.1. Registration for the 2025 Canada Games Trials will be used as a declaration of the event(s) the athlete wants to be considered for team selection.
  - 5.1.2. Performances in the events at the Trials meet and achieved during the 2025 outdoor season in the same event(s) as those completed during the trials will be considered for selection.
  - 5.1.3. Team selection for relays will be based on performances during the outdoor season in 2025 and the 2025 Selection Meet, but athletes do not have to participate in the 100m or the 400m at the 2025 trials meet.
  - 5.1.4. Winning an event at the Selection Meet is not a guarantee of selection.
- 5.2. Except in extraordinary circumstances, the following process and order would normally apply to select team members:
  - 5.2.1. Approved by the Canada Games Coaching Committee:
    - 5.2.1.1. Athletes with an "A" standard in 1500m, 5000m, or 3000m S/C can seek approval from the Canada Games Coaching Committee not to compete at these events during the Trials. Such requests must be submitted in writing via email to athletics @ nlaa.ca at least ten days before the Trials.

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- 5.2.2. Athletes with “A” standard(s) achieved during the Trials.
    - 5.2.2.1. An event winner
    - 5.2.2.2. Second place finisher
  - 5.2.3. Athletes with “A” standard(s) achieved during the Qualifying Period.
    - 5.2.3.1. An event winner
    - 5.2.3.2. Second place finisher
  - 5.2.4. Athletes with “A” standard(s) who were unable to compete at the Trials due to extenuating circumstances or have been approved by the Canada Games Coaching Committee to skip the Trials.
  - 5.2.5. Athletes with “B” standard(s) achieved during the Selection Meet.
    - 5.2.5.1. An event winner
    - 5.2.5.2. Second place finisher
  - 5.2.6. Athletes with “B” standard(s) achieved during the Qualifying Period:
    - 5.2.6.1. An event winner
    - 5.2.6.2. Second place finisher
    - 5.2.6.3. Athletes with a "B" standard in 1500m, 5000m, or 3000m S/C who want to skip those events during the Trials but still wish to be considered must submit their request in writing via email to athletics @ nlaa.ca at least ten days before the Trials.
    - 5.2.6.4. Athletes finishing below second place during the Trials.
    - 5.2.6.5. Athletes with “B” standards who were unable to compete at the Trials due to extenuating circumstances or have been approved by the Canada Games Coaching Committee to skip the Trials.
  - 5.2.7. **Relay teams:** A minimum of four (4) and up to six (6) athletes may be selected in each relay event:
    - 5.2.7.1. In the 4x100m relay, athletes must have achieved at least a “B” standard during the qualifying period in the 100m, 200m, or 100mH/110mH; selection priority will be given to athletes excelling in the 100m sprint.
    - 5.2.7.2. In the 4x400m relay, athletes must have achieved at least a “B” standard during the qualifying period in the 400m, 200m, 800m, or 400mH; selection priority will be given to athletes excelling in the 400m sprint.
    - 5.2.7.3. No relay team athlete will be selected for the relay team outside of this procedure.
    - 5.2.7.4. Athletes selected for the relay team are not guaranteed to take part in the Canada Games competition.
  - 5.3. Excluding relays, any ties will be broken in the following priority order:
    - 5.3.1. Head-to-Head result.
    - 5.3.2. 2nd best performance within the Qualifying Period.
    - 5.3.3. Most recently achieved performance standards.
  - 5.4. Special Olympics:
    - 5.4.1. Four (4) of the team positions are reserved exclusively for Special Olympics athletes (two (2) men and two (2) women).
    - 5.4.2. Events: 100m and 200 metres.
    - 5.4.3. Team Selection will be based on results at the NLAA 2025 Selection Meet.
  - 5.5. Para-Athletics:



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- 5.5.1. Four (4) of the team positions are reserved exclusively for para-athletes (two (2) men and two (2) women).
  - 5.5.2. 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.
  - 5.5.3. Events:
    - 5.5.3.1. 100m, 400m, 1500 metres wheelchair
    - 5.5.3.2. 100, 400 metres Para ambulatory
    - 5.5.3.3. Para Shot Put, Para Discus
  - 5.5.4. Team Selection order:
    - 5.5.4.1. An event winner in two events at the Selection Meet.
    - 5.5.4.2. The remaining positions will be filled based on WPA Points Scoring Tables achieved at the Trials.

## 6. Team Announcement

- 6.1.1. Athletes who have been preliminarily selected to the team will be notified by phone or via e-mail within 24 hours after the selection meeting. After all the preliminarily selected athletes have been notified, the preliminary team list will be posted online ([www.nlaa.ca/track-and-field/canada-games/](http://www.nlaa.ca/track-and-field/canada-games/)) with the headline – PRELIMINARY.
- 6.1.2. The team will be finalized after any and all appeals have been heard and dealt with. A final team list with the headline FINAL will be posted online ([www.nlaa.ca/track-and-field/canada-games/](http://www.nlaa.ca/track-and-field/canada-games/)).
- 6.1.3. The NLAA will announce the final team list through established communication channels to the Department of Tourism, Culture, Arts and Recreation, NLAA website and media.

## 7. Amendments

- 7.1. NLAA reserves the right to amend this document at any time up to the Selection Date for changes imposed by parties external to NLAA or for changes that, in the opinion of NLAA, would improve or enhance the selection process.
- 7.2. Any changes made by NLAA are deemed to come into effect immediately upon publication on the NLAA website. Additional publication of the amended Selection Criteria will be made by whatever means and wherever the original Selection Criteria were published.

## 8. Performance Standards

Women		Event	Men	
"A" Standard	"B" Standard		"A" Standard	"B" Standard
12.12	13.48	<b>100m</b>	10.81	12.13
24.52	28.15	<b>200m</b>	21.88	24.71
56.86	1:06.88	<b>400m</b>	48.59	54.73
2:11.28	2:32.58	<b>800m</b>	1:51.68	2:08.58
4:27.73	5:03.29	<b>1500m</b>	3:52	4:15.66
17:17.60	20:01.45	<b>5000m</b>	14:45.18	16:19.12
14.27	16.32	<b>100mH</b>	---	---
---	---	<b>110mH</b>	14.89	17.27
1:02.35	1:11.41	<b>400mH</b>	54.59	1:02.00
10:54.43	12:23.5	<b>3000m S/C</b>	9:20.38	10:39.48
1.68	1.42	<b>High Jump</b>	2.00	1.66
5.70	4.45	<b>Long Jump</b>	6.80	5.60
11.54	9.48	<b>Triple Jump</b>	14.43	11.24
3.40	2.75	<b>Pole Vault</b>	4.30	3.51
12.87	9.97	<b>Shot Put</b>	14.19	10.80
41.30	27.27	<b>Discus throw</b>	43.79	26.28
41.12	28.72	<b>Javelin throw</b>	57.08	36.00
46.53	34.97	<b>Hammer throw</b>	49.17	33.87
4540	3552	<b>Heptathlon</b>	---	---
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