

NACAC Combined Events Area Championship

Ottawa, Canada
May 14-15, 2022



Technical Package

(version 22 March 2022)

1 General Information

1.1 Classification

The NACAC Combined Events Area Championship will be classed as a GL event for World Ranking purposes.

1.2 Local Organizing Committee (LOC)

LOC Chairman / Meet Director:	Miles Rowat
Athletics Canada Technical Delegate:	Chris Winter
World Athletics Technical Delegate	Mike Armstrong (USA)
Facilities Manager:	Anna Lapointe
Technical Volunteers Manager:	Zach Quevillon
Technical Field Events / Equipment:	Richard Johnston
Officials Manager	Rick Watkins
Language Services:	Javier Clavelo

1.3 General Program

Date	Time	Event	Place
Thursday 12 May	18h00 – 20h00	General Training	Terry Fox AF
Friday 13 May	12h00 – 16h00	General Training	Terry Fox AF
Saturday 14 May	10h00 – 18h00	Day 1 Competition	Terry Fox AF
Sunday 15 May	10h00 – 18h00	Day 2 Competition	Terry Fox AF

1.4 General Communications E-mail: nacac@ottawalions.com

2. Travel to Ottawa

2.1 Official Airport and Arrival Information

The official airport is MacDonald Cartier International Airport (YOW) where the Local Organizing Committee (LOC) will provide adequate welcome services. Arrival in Ottawa should normally be on Thursday 12 May and departure on Monday 16 May. Please note travel must be arranged directly to Ottawa. If you are planning to arrive in Ottawa earlier and/or leave later, you must clearly indicate this in your entry in order for the LOC to arrange your extra accommodation (at your own cost) and to organize transfers from the airport to the hotels.

Foreign delegates must notify the LOC of their arrival date, time and flight number, by Friday, 6 May 2022.

2.2 Entry Visas

Some foreign nationals are required to have entry visas to travel to Canada. For those countries who do require a VISA - We STRONGLY recommend that you send a list of names of the potential members of your delegation as soon as possible. This way, the LOC can start preparing the official invitation letters so that you will be able to start the visa application as early as possible. Please note the application requirements may vary according to the country in which you make your application so it is VERY IMPORTANT that you check the details before you proceed with your application and that you make your application as early as possible.

More detailed visa information is provided in Appendix 1.

2.3 Electronic Travel Authorization

New entry requirement now in effect: visa-exempt foreign nationals who fly to, or transit through a Canadian airport, need an Electronic Travel Authorization (eTA).

Exceptions include U.S. citizens and travelers with a valid Canadian visa. Canadian citizens, including dual citizens, and Canadian permanent residents cannot apply for an eTA.

Use the [Government of Canada's official website](#) to apply for an eTA. It only costs \$7 CAD. Most eTA applications are approved within minutes of applying.

2.4 Insurance

All Member Federations must ensure medical insurance to cover illness or injury to any member of their delegation and/or team.

3. COVID-19 Requirements

3.1 Entry requirements

To qualify as a fully vaccinated traveller to Canada, you must:

- have received at least 2 doses of a vaccine accepted for travel, a mix of 2 accepted vaccines
 - or at least 1 dose of the Janssen/Johnson & Johnson vaccine
- have received your second dose at least 14 calendar days before you enter Canada
 - Example: if your second dose was anytime on Thursday 28 April, then Thursday 12 May would be the first day that you meet the 14 day condition
- have no signs or symptoms of COVID-19
- [follow pre-entry testing and entry requirements](#)
 - upload proof of vaccination in ArriveCAN
 - complete your ArriveCAN submission and have ArriveCAN receipt with letter I, V, or A beside your name
 - complete arrival test and quarantine if selected
 - monitor for signs and symptoms of COVID-19 for the 14 days after entry into Canada
 - if you have symptoms of COVID-19, seek advice from local public health

3.2 Accepted Vaccines

Vaccines accepted by the Government of Canada for the purpose of travel to and within Canada:

- AstraZeneca/COVISHIELD (ChAdOx1-S, Vaxzevria, AZD1222)
- Bharat Biotech (Covaxin, BBV152 A, B, C)
- Janssen/Johnson & Johnson
- Moderna (mRNA-1273)
- Pfizer-BioNTech (Comirnaty, tozinameran, BNT162b2)
- Sinopharm BIBP (BBIBP-CorV)
- Sinovac (CoronaVac, PiCoVacc)

To qualify as a fully vaccinated traveller, you must have received, at least 15 calendar days by the day you travel:

- at least 2 doses of a vaccine accepted by the Government of Canada for the purpose of travel
- or a mix of 2 accepted vaccines
- or at least 1 dose of the Janssen/Johnson & Johnson vaccine

3.3 Proof of vaccination

If your proof of vaccination is not in English or French, you need a **certified translation** in English or French.

Your certified translation must include the stamp or membership number of a professional translation association.

[Translation of documents](#)

Keep both the original proof of vaccination and the certified translation with you while you travel.

If your proof of vaccination doesn't meet all of the requirements, it will be considered invalid. You will not qualify as a fully vaccinated traveller.

4. Financial Support

Local Travel and Accommodation Support

The LOC will offer accommodation in double room suites for a maximum of 4 nights during the period of the Championships (arrival Thursday 12 May, departure Monday 16 May).

Supported athletes and team staff will also receive a per diem of \$24 CAD for the duration of the championship – totalling \$120 CAD.

Support provided by the LOC will pertain to Federation Athletes and Staff. In some cases, we may offer this support to outstanding Open entries. Please email us with this inquiry.

5. Accommodation

5.1 General

The LOC has made accommodation arrangements for athletes and team officials at the Homewood Suites by Hilton Ottawa Airport. The hotel will be open for the championships on 12 May. If competitors are planning to arrive in Ottawa earlier than 12 May, please contact the LOC (nacac@ottawalions.com) well in advance to make sure specific arrangements are made. Costs relating to arrival prior to 12 May will be the responsibility of those athletes / delegates / coaches.

5.2 Team / Event Hotels

Homewood Suites by Hilton Ottawa Airport

3605 Paul Anka Drive
Ottawa, ON
K1V 2S6
+1 (613) 422-3678

5.3 Costs

The LOC will offer accommodation in double room suites for the period of 4 nights during the period of the championships: check-in on 12 May and check-out on 16 May. Additional costs will be applicable in the following cases:

- Extra rooms for Extra officials – between 12 May and 16 May - CAD \$169 + Taxes per room per night. Each room can accommodate 3 adults.
- Domestic athletes or member athletes and staff of other Federations that are NOT SUPPORTED directly by the LOC will be required to make their own reservations and payments.

Payment of extra accommodation costs can be made in one of the following ways:

- Cash: Canadian Dollars (no other currency will be accepted)
- Credit Card: Visa, MasterCard or American Express

5.4 Reservations

International Federation Reservations will be made by the LOC and based on entries communicated with the LOC.

Domestic athletes or member athletes and staff of other Federations that are not supported directly by the LOC will be required to make their own reservations and payments.

6. Transportation

Transportation between the Championships accommodation and the stadium will be arranged by the LOC bus service. A detailed timetable will be posted on notice boards at the hotel. All participants, coaches, and staff in this event are welcome to use this transportation / shuttle between the hotel and Terry Fox Athletics Facility.

6.1 Travel Times

A championship bus will transport athletes from the hotel to the stadium. The approximate travel time is 10 mins / Distance is 4.9 km. A transportation schedule will be distributed and posted at both destination and departure points.

7. Information Centres

7.1 Technical Information Centre (TIC):

The location of the Technical Information Centre (TIC) will be identified at the Championship hotel.

Start lists will be posted daily at the TIC; a copy will be given to Team Leaders. Results and scoring updates will be posted once each event has concluded. All results will be posted by LIVE RESULTS on the Championship website.

7.2 Championship Information Board

This will be situated in the hotel and shall display the following:

- All official communications to teams, including Start Lists and Results
- Information for issues relating to accommodation, transport and the Championships in general.

8. Competition and Training Venues, Equipment and Implements

8.1 Terry Fox Athletic Facility

The NACAC Combined Events Championship will take place at Terry Fox Athletic Facility, Mooney's Bay Park, 2960 Riverside Drive, Ottawa. This was the venue of the 2001 Jeux de la Francophonie and the 2012, 2013, 2014, 2016 and 2018 Pan American Combined Events Cup and offers adequate facilities for the competition, warm up and training.

The venue is a Mondo track, installed in 2010, with 8 lanes in both the straight and oval.

Track – Mondo Super X
2 - LJ runways – Mondo
2 - PV runways – Mondo
2 - SP circles – Concrete
2 - DT circles – Concrete
2 - JT runways – Mondo

Spike lengths – 7mm for all events

**** Proper replacement spikes will be available for those athletes whose footwear is not compliant. Organizers will NOT BE RESPONSIBLE for the changing of spikes****

The warm-up facilities will include the main stadium track along with a grassed soccer pitch adjacent to the track, which also includes a 3 lane 90 meter straightaway (Mondo) with adjacent washrooms and medical area.

8.2 Call Room & Athlete Uniforms

The Call Room will be located within the vicinity of the Track and will be properly identified at the Championship Hotel. All athletes must report to the Call Room bearing their Championship identification and competition bibs as provided by the LOC for the first event for each day of competition.

International Guest Federations: Dress must be the official uniform approved by their national federation. In the case of unsupported international athletes or domestic Canadian athletes, the dress must be representative of their affiliated school or club.

8.3 Training

The Terry Fox Athletic Facility will be the sole dedicated training venue, which will operate beginning 12 May. In case of earlier arrivals, it will be possible to use the Terry Fox Athletic Facility where training sessions will be organized as required.

8.4 Sports Equipment

8.4.1 Vaulting Poles

Decathlon Pole Vault: Poles from the LOC / Local Club will be made available for rental to decathletes from other federations at a cost of CAD \$150 per athlete, **payable by cash or credit card**. Federations should directly contact the LOC for an inventory of poles and to make arrangements at nacac@ottawalions.com.

8.5 Implements

8.5.1 Official Implements

The LOC will provide official implements for the competition.

8.5.2 Personal Implements

Personal Implements will be allowed, providing that:

- they are readily identifiable and are World Athletics certified
- they have been checked for compliance with World Athletics Rules
- they are made available to all the other athletes until the end of the event

The checking procedure will be as follows:

Checking	Location & Time	Return
Personal Throwing Implements are to be checked prior to the event. When submitted, a receipt will be given.	Technical Information Centre no later than 18:00 the day before the event.	Implements are returned in exchange for the receipt after the event's Final at the Technical Information Centre

9. Meet Entries and Final Confirmation

9.1 Eligibility

The Championship is for senior aged athletes (born in 2002 or earlier). Athletes in the U20 category will also be eligible to compete.

All athletes must be active members, in good standing, of their respective Federation.

9.2 Entry Standards and Entry Rules for All Divisions

The recommended performance standards for the NACAC Combined Events Championship are as follows:

NACAC Championship Entry Division

- Decathlon – Open - 6500 pts
- Heptathlon – Open - 4500 pts

Open Entry Division

- Decathlon – Open - 5800 pts
- Heptathlon – Open - 4000 points

* Contact Meet Director Miles Rowat (nacac@ottawalions.com) if your performance is below the recommended performance standard.

The qualifying period runs from **1 January 2021 to 24 April 2022**.

9.3 Registration for all participating International Federations

- All countries shall complete and return the entry form found in Appendix 1 by 29 April 2022. It should be sent electronically to: Meet Director – Miles Rowat, nacac@ottawalions.com.
- All supported “International Athlete” Entries for the NACAC Championships will be entered online by the LOC Entries Manager and posted on the Championships website. There will be no entry fees for supported Championship athletes.

9.4 Registration for all other Combined Events Division Athletes

- All athletes meeting the recommended performance standards (noted above) shall complete the meet entry registration and entry fee payment online by accessing the [championships entry system](#).
- Contact Meet Director Miles Rowat (nacac@ottawalions.com) if your performance is below the recommended performance standard to discuss permission to enter the meet.

10. Competition Procedures

10.1 Technical Meeting

There will be no technical meeting. All information will be available online and at the Championship hotel.

10.2 Athletes Bib's

10.2.1 General

All athletes will receive two bibs.

The bibs (and the necessary safety pins) shall be distributed during training on 13 May. Bibs which are not collected shall be taken to the Stadium Call Room. Bibs must be worn in accordance with World Athletics Rules and must not be cut, folded or obscured in any way.

10.2.2 Vertical Jumps

In the Pole Vault and High Jump, athletes can decide to wear only one bib on the front OR on the back.

10.2.3 Hip Numbers for Track Events

For track events, athletes will also be given two adhesive hip numbers at the start line. The hip numbers must be secured to both sides of the athlete's shorts/legs.

10.2.4 Personal Belongings

A strict inspection shall be made on illegal and prohibited items during check-in for each day's competition at the Call Room. Radios, music players, mobile phones, cameras, etc. are not permitted at event sites.

10.3 Protests and Appeals

Protests and Appeals shall be handled according to World Athletics Rule 146. Protests and appeals shall be handled by the TIC at the Stadium.

11. Medical Services

11.1 General

First Aid treatments for acute injuries and emergency situations at the Championship Facility will be provided by the LOC free-of-charge for all accredited team members. Any further costs incurred must be paid by the patient and/or their teams through appropriate medical insurance coverage. It is strongly advised that each accredited person have their own

medical insurance. Teams are also responsible for sufficient medical insurance to cover, for example, any treatment in a hospital, non-urgent treatment, or emergency transport for their team members.

12. Doping Control

The Organizing Committee shall reserve the right to conduct anti-doping tests considered necessary in compliance with the Anti-Doping Control requested by World Athletics rules. All competitors must be available for testing when requested.

13. Awards and Prize Money

13.1 Awards

Medals will be awarded to the top three finishers in the NACAC Combined Events Championship.

13.2 Prize Money

The top three athletes in each event will be awarded the following prizes by the LOC:

Decathlon / Heptathlon		
1 st Place	CAD	1,500
2 nd Place	CAD	750
3 rd Place	CAD	250

14. Departures

Delegations will be returned from the Championship Hotel to the Ottawa International Airport on Monday 16 May.

15. Other Information

15.1 Currency

The currency used in Canada is the Canadian Dollar (CAD). The rate of exchange is approximately CAD \$1.27 to USD \$1.00 as of February 2022.

16. Schedule

Combined Events Competition Schedule

Tentative Schedule (as of 10 March 2022)

The Final Meet Schedule will be revised based on entries and posted on the [Championship Website](#)

Decathlon – Day 1 – (14 May)					
Division	100m	Long Jump	Shot Put	High Jump	400m
Open Division	10h30				
Decathlon – Day 2 – (15 May)					
Division	110m Hurdles	Discus	Pole Vault	Javelin	1500m
Open Division	10h00				
Heptathlon – Day 1 – (14 May)					
Division	100m Hurdles	High Jump	Shot Put	200m	
Open Division	10h00				
Heptathlon – Day 2 – (15 May)					
Division	Long Jump	Javelin	800m		
Open Division	12h00				

Appendix 1: Entry Form

FINAL ENTRIES

Entries must be submitted by 29 April 2022
 to Miles Rowat (Meet Director) – nacac@ottawalions.com

COUNTRY:

Surname	First Name	Year of Birth	Event	Personal Best
e.g. DOE	JOHN	1998	Decathlon	7600



Appendix 2: VISAS

Do I need a Visa?

Most NACAC Member countries require a visa to enter Canada. The list is below. Citizens of countries which require a visa and DO NOT have Canadian Consular Representation in their country of residence, may apply to Consulates in neighbouring countries by submitting postal applications. Check this on the website or ask the Consulate you are planning to apply to. Please check your category and follow up accordingly.

Obtaining a visa invitation letter from the LOC

For each individual or group who will require a visa, the LOC Visa Information Form (found in Appendix 2) must be completed in all its sections so that the required invitation letter for the purpose of visa application can be properly issued. This form must be sent to the LOC Teams department:

TO LOCAL ORGANIZING COMMITTEE
EMAIL TO: MILES ROWAT –MEET DIRECTOR
nacac@ottawalions.com

When completing the LOC Visa Information Form, please make sure that:

- Each passport has two consecutive blank visa-designated pages
- The expiry date of the passport is at least six months after the last day of the expected stay in Canada.
- If the passport does not meet these two requirements, a new passport must be obtained or the existing one is to be prolonged before you can request the invitation letter.
- You indicate in which Consulate you will make your application. Follow this link to find the consular information for Canada <http://www.cic.gc.ca/english/information/offices/apply-where.asp>

After receipt of the completed LOC Teams Visa Information Form, the LOC will issue, and email you, a scan of the official invitation letter. You will be able to print as many copies as needed for the members of your group. The visa invitation letter will enable a person to apply for entry visa to Canada for the period from 12 May to 16 May 2022.

Category 1 – List of Countries whose Citizens need an Electronic Travel Authorization to enter Canada

NACAC	Anguilla, Antigua and Barbuda, Aruba, Bahamas, Barbados, Bermuda, British Virgin Islands, Cayman Islands, Mexico, Montserrat, Turks and Caicos Islands, United States, United States Virgin Islands
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Category 2 – List of Countries whose Citizens need a Visa to enter Canada

NACAC	Belize, Costa Rica, Cuba, Dominica, Dominican Republic, El Salvador, Grenada, Guatemala, Haiti, Honduras, Jamaica, Nicaragua, St. Kitts and Nevis, St. Lucia, St. Vincent and the Grenadines, Trinidad and Tobago
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Appendix 3: LOC VISA Information Form

COUNTRY	e.g. Canada				
Full Name	Position	Date of Birth (mm/dd/yy)	Passport Number	Date of Issue (mm/dd/yy)	Date of Expiry (mm/dd/yy)
e.g. John James Smith	Athlete	12/01/81	FH849372	03/09/2019	03/09/2024