

2025 Forest City Mustang Invitational



Thursday April 24th, 2025 @ Alumni Stadium Western University

2025 FOREST CITY/MUSTANG INVITATIONAL TRACK AND FIELD MEET

Thursday April 24th @ Alumni Stadium, Western University - London, ON



Dear Coach:

Western's Men's and Women's Track & Field teams and the London-Western Track and Field Club invite your school to participate in this year's meet. The meet is on the Donald J. Wright Track at Alumni Stadium which was resurfaced in 2021 and is home of the 2024 OFSAA Track & Field Championships



www.westernmustangs.ca



www.londonwesterntfc.com

Meet Directors

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ENTRIES:	Entries can be done at: 2025 Forest City Mustang Invitational
Deadline:	Friday April 18 th 2025 @ 11:59pm
Entry Fee:	\$20 per athlete or a maximum of \$550 per school. Cheques can be made out to: "Western University", If you are paying online, there will be an admin fee that will be on-top of the team cap
Max Entries:	A limit of 3 athletes per event, per age category, per school. Each athlete is also limited to total of 2 events.
Track Check-in:	Last check in for track events will be 20min before the start of the race, at the start line of the event. All athletes that miss last check-in will be scratched from the race with NO EXCEPTIONS.
Field Check-in:	Check-in for field events at the event site 30min before start time
Schedule:	Final Schedule will be sent out once entries are closed.
TIMED SECTIONS:	All track events will be run as a timed section final. Sections will be organized based on seed times and will run the fastest to slowest. Unseeded athletes will be placed at the bottom of the start list, in the slower sections. We know that this will be the first meet for most schools but please try and make a guess about the seed times.
FIELD EVENTS:	In horizontal jumps and all throws, each competitor will be given 3 attempts. 1st Legal attempt will be measured, all remaining attempts must surpass a minimum distance to be measured.
POLE VAULT:	Novice and Junior males/females with seed performances of 3.20m/2.80m or higher, respectively, will compete with senior age category.
POLE VAULT LOCATION:	Pole Vault will take place at the outdoor track, if weather is bad/raining pole vault will be moved to the indoor track.
ELIGIBILITY:	All athletes competing in this meet must be registered through their respective schools. School uniform must be worn in competition.
FIRST AID:	Headquarters will be in the change room 1, inside main building.

2025 FOREST CITY/MUSTANG INVITATIONAL

TENTATIVE TRACK SCHEDULE

TRACK EVENTS – Track events will be run from FAST to SLOW

In the interest of time, we will run ahead of schedule whenever possible

<u>Event Start Time</u>	<u>Event</u>	<u>Divison</u>
9:30am	110mh	Senior Boys 36"
TBD	100mh	Junior Boys 36"
TBD	100mh	Novice Boys 33"
TBD	100mh	Senior Girls 30"
TBD	80mh	Junior Girls 30"
TBD	80mh	Novice Girls 30"
TBD	800m	Novice Girls
TBD	800m	Junior Girls
TBD	800m	Senior Girls
TBD	800m	Novice Boys
TBD	800m	Junior Boys
TBD	800m	Senior Boys
TBD	100m	Novice Girls
TBD	100m	Junior Girls
TBD	100m	Senior Girls
Track Break	Track Break	Track Break
TBD	100m	Novice Boys
TBD	100m	Junior Boys
TBD	100m	Senior Boys
TBD	400m	Novice Girls
TBD	400m	Junior Girls
TBD	400m	Senior Girls
TBD	400m	Novice Boys
TBD	400m	Junior Boys
TBD	400m	Senior Boys
TBD	1500m	Novice Girls
TBD	1500m	Junior Girls
TBD	1500m	Senior Girls
TBD	1500m	Novice Boys
TBD	1500m	Junior Boys
TBD	1500m	Senior Boys

FINAL FIELD SCHEDULE

<u>Time</u>	<u>Event</u>	<u>Divison</u>
11:00	High Jump	Junior Girls
TBD	High Jump	Novice Girls
TBD	High Jump	Senior Girls
TBD	High Jump	Junior Boys
TBD	High Jump	Novice Boys
TBD	High Jump	Senior Boys

High Jump Starting Heights

Novice/Junior Boys - starting ht./increments 1.40 + 10cm to 1.50 + 5cm

Senior Boys - starting ht./increments 1.51 + 10cm to 1.61 + 5cm

Novice/Junior Girls - starting ht./increments 1.20 + 10cm to 1.40 + 5cm

Senior Girls - starting ht./increments 1.33 + 10cm to 1.43 + 5cm

<u>Time</u>	<u>Event</u>	<u>Divison</u>
11:00	Long Jump (Upper Pit)	Senior Boys
11:00	Long Jump (Lower Pit)	Senior Girls
TBD	Long Jump (Upper Pit)	Novice Boys
TBD	Long Jump (Lower Pit)	Novice Girls
TBD	Long Jump (Upper Pit)	Junior Boys
TBD	Long Jump (Lower Pit)	Junior Girls

<u>Time</u>	<u>Event</u>	<u>Divison</u>
12:00	Pole Vault	Novice/Junior Girls
1:30	Pole Vault	Senior Girls
3:00	Pole Vault	Novice/Junior Boys
4:30	Pole Vault	Senior Boys

<u>Time</u>	<u>Event</u>	<u>Divison</u>
11:00am	Shot Put	Novice Girls
12:15am	Shot Put	Junior Girls
1:30pm	Shot Put	Senior Girls
3:00pm	Shot Put	Novice Boys
4:15pm	Shot Put	Junior Boys
5:30pm	Shot Put	Senior Boys

<u>Time</u>	<u>Event</u>	<u>Divison</u>
11:00am	Discus	Senior Boys
1:00pm	Discus	Junior Boys
2:30pm	Discus	Novice Boys
3:30pm	Discus	Senior Girls
4:30pm	Discus	Novice Girls
5:45pm	Discus	Junior Girls

<u>Time</u>	<u>Event</u>	<u>Divison</u>
11:00am	Javelin	Junior Boys
12:30pm	Javelin	Novice Boys
1:45pm	Javelin	Senior Boys
3:30pm	Javelin	Junior Girls
5:00pm	Javelin	Novice Girls
6:00pm	Javelin	Senior Girls