



2025 Coaches Package Woodstock Spring Classic

Awards: T-shirts to all first place finishers in **individual events**. At FIELD events- t-shirts will be handed out (if it is the wrong size, please exchange it at the registration desk)

All TRACK winners will receive their t-shirt after the winners have been announced and posted in the online results. T-shirts can be picked up at the Registration/Awards table near the track entrance. Any t-shirts not picked up will be brought to TVRA.

Clean Up: Please use the garbage bag provided in your registration package to ensure your team area is fully cleaned before leaving. Please leave the garbage bag tied and at the entrance gates for easy pick up by our crew.

Coaches: May enter the infield to assist athletes in their event. If you have any questions or concerns please go to the announcer to speak to Jenn or Blair Windsor.

Eligibility: All athletes competing in this meet must be registered through their respective schools. There will be NO athletes added to ANY competition. Athletes are asked to show up at the marshaling area to check in for all Track Events (located at the event start line of each event) and all Field Events are asked to check in before the start time at the competition location. High School eligible as defined by OFSAA and a school uniform must be worn in competition.

First Aid: All schools are responsible for their own first aid. If additional supplies or ice packs are required please speak to someone at the registration table. If a serious injury requires immediate attention, please notify the announcer and make a call to 9-1-1. The location is the Terry Fox Track at 700 College Avenue.

Foodbooth: HPSS Athletics had provided a food booth with all proceeds going to the Athletic program. This is CASH ONLY

Officiating: All duties will be carried out by Oxford County volunteer coaches. Please be respectful and courteous to these officials and students. If you have any issues with how an event is being run please speak to Jennifer Windsor (Huron Park) immediately.

TRACK EVENTS

- Timed Finals
 - Seeded entries will run in the last heats from slowest to fastest
 - Unseeded athletes will be placed in the first heats
 - Best efforts will be made to avoid runners from the same school running in the same heat
 - Blocks will be used in the hurdles, 200m, 400m and relay events
- *PLEASE ensure ALL athletes have received practice setting up and taking off from the blocks if they plan on using them. This will aid in avoiding unnecessary time delays on the track. This includes athletes NOT using blocks- they should know how to position themselves in the “mark” position behind the starting line.

FIELD EVENTS

- Each competitor will receive 3 attempts
- Each competitor's first legal throw/jump will be measured. All subsequent attempts will only be measured if they are beyond the distance of the 8th place competitor from the first round.
- The 8th place mark will be visible and made clear to all athletes after the first round.
- The TVRA standard for each event will also be visible for athlete and coaches to see
- High Jump will begin at a height intended to give all athletes a successful attempt.
- Athletes are urged to pass at earlier heights and/or once they have registered one successful jump they can pass and re-enter when they feel the height is appropriate for them.
- Track events take priority over the field however, athletes are encouraged to check in with the marshal for the track and stay at the field event for as long as possible before heading to the track to compete. Athletes that leave and return to a field event must check in with the official and can complete their attempt in the current round. Once the round has been completed the official will call out the missed competitors and if they are not present the competition will move to the next round or be complete in the case of the third round.

Starting Heights:

Novice Girls 120 cm Novice Boys 130 cm

Junior/Senior Girls 130cm Junior/Senior Boys 145 cm

Map * see the map of the facility locations included in your registration package

Parking: There is limited parking available at College Avenue S.S. and no room for buses to park. Please be respectful of our city streets and neighbourhood if choosing to park outside of the school lot.

Registration: A registration/awards table will be set up just inside the track facility.

- Make cheques payable to: Woodstock Collegiate Institute
- A receipt will be issued at Registration upon entry
- If there was a mistake in your cheque amount please send us an Email and either a reimbursement or additional funds can be handled

-There will be NO bib numbers assigned. Distance racers will be assigned hip numbers for identification when they check in.

Spectators: All spectators (including athletes NOT in the current event) watching the track must be in the team tent area or at the respective field location.

Tents and Team Set-Up: All tents and teams MUST set up on either the gated area along the finish line (EAST SIDE OF TRACK) or just outside the gate on the grass area near the porta potties. Please keep the fence closest to the track/finish line clear of tents to ensure unobstructed views for spectators.

Warm Ups: All warm ups can be completed at the field event location or on the area of the track not in use. NO ATHLETES are to be on the infield unless they are in competition at long jump or shot put.

Washrooms: Porta Potties have been rented and are located near the finish line on the outside wall to the school. ALL STUDENTS MUST STAY OUT OF THE SCHOOL and may not enter for ANY reason. If toilet paper or hand sanitizer is low please let the announcer know asap so we can attend to it.

Performance Lists/Results: mustangstiming.com/Results/WSC25/



