

WELCOME TO

2009

FOREST CITY

MUSTANG INVITATIONAL

TRACK and FIELD MEET

Saturday April 25th

@ T.D. Waterhouse Stadium
University of Western Ontario

2009 FOREST CITY/MUSTANG INVITATIONAL TRACK AND FIELD MEET

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Dear Coach:

Western's Men's and Women's Track & Field teams and the London Western Track and Field Club invite you and your team to participate in this year's meet. The meet is on the Donald J. Wright Track at the T.D. Waterhouse Stadium, home of the 2001 Canada Games.

For further information contact: Sylvia Kontra, Meet Director
519-661-2111 x 85449 skontra@uwo.ca

ENTRY FEES AND DEADLINE:

Deadline for Entries and Fees: **on or before 10:00pm on Tuesday April 21, 2009**
Entry Fee: **\$15 per athlete or a maximum of \$350 per school.**

EMAIL ONLY: entries may only be submitted by email and using the attached electronic custom spreadsheet entry form which requires a computer that has spreadsheet software > preferably MS Excel but WP Quattro is acceptable

NO LATE ENTRIES:

1. No entries will be accepted after 10:00pm Tuesday April 21.
2. Entry fees must be mailed in and received by above deadline

Cheques/money orders to be made payable to: **The University of Western Ontario**

1. Email entries to: Vickie Croley at vcroley@uwo.ca SEE ENTRY PROCEDURE
2. Surface mail fees to: Vickie Croley
3165 Thames Hall
The University of Western Ontario
London, Ontario N6A 3K7

ENTRY LIMITS: a limit of 5 athletes per event per school

ENTRY PROCEDURE:

Complete the electronic format custom entry sheet that you received by email along with this meet information document. Excel is our preferred spreadsheet format for you to submit entries but if you only have access to Quattro we will accept it as well.

INSTRUCTIONS: Open 2009 Custom Entry Form. If you wish to increase or decrease the view of a form, click on any row below the top box of instructions, then click View on above Menu Bar, then click Zoom and select desired magnification

1. Enter Your Team name (maximum length 20 characters) and your Team Initials (maximum of 4) in yellow boxes below

e.g. Team Name: London Saunders Team Initials: SAUN

2. Enter an athlete's First and Last names (e.g. Jim Jones > do not use all CAPS i.e. JIM nor all lower case i.e. jim)

Each athlete entered MUST have a number in the left white column per row (i.e. 1 to 25)

3. Enter a time or distance under each event for that athlete.

DO NOT PUNCTUATE TIMES. Last digit must be HUNDREDTHS.

example: 23450 means 2:35.50, 2234 means 22.34.

For field events 1208 means 12.08m. DO NOT TYPE A LEADING ZERO!

Times & Distances will be automatically punctuated when imported into meet software.

* If you do not have a seed time or field seed mark, type NT to enter an athlete into any event

4. Save this completed Entry Form by using File, Save As, using your team name as file name (example: London Saunders 2008)

5. Email this completed sheet to Vickie Croley <vcroley@uwo.ca> **on or before 10:00pm TUESDAY APRIL 21, 2009.**

Please do not remove any blank rows below nor add/delete columns as this will alter the formatting and prevent importing into Easy Meet software Only if you have more than 25 athletes in any age group/sex, you may insert the necessary new row(s) in that area.

FACILITY: Mondo surface on 8-lane track and all runways. Concrete circles. Maximum spike length 7mm (9mm for high jump). Javelin will be held on a field outside of the stadium.

AWARDS: First place finishers in each category are invited to attend the Mustang Elite one day camp for free during the weeks of August 4 -14. Dates for specific events will be handed out at the Awards table in the building at TD Waterhouse. Gold, Silver, and Bronze performance awards will be presented based on standards. Please ensure athletes pick up their awards before leaving. Awards and results will not be mailed. Results will be posted after the meet at: <http://www.westernmustangs.ca> Click on teams and then track and field.

BIB #: Each bib # will have an athlete's name on it. Competitors in **TRACK EVENTS ONLY** must wear their assigned bib # and pin it to the front of their competition singlet.

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. Accurate seed times are critical. Unseeded athletes will be placed at the bottom of the start list, in the slow section.

FIELD EVENTS: In Horizontal Jumps and Throws, each competitor will be allowed 3 attempts with the top 8 receiving 3 more attempts.

STARTING BLOCKS: Will be used at this years meet for all sprint & hurdle events

ELECTRONIC TIMING WILL BE USED.

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TRACK EVENTS			AWARDS			
Time	Event	Division		Gold	Silver	Bronze
8:30am	300m H	Midget Girls	30"	48.0	50.5	53.0
8:35am	300m H	Junior Girls	30"	46.5	49.5	52.0
8:45am	400m H	Senior Girls	30"	1:04.0	1:06.5	1:09.0
8:50am	300m H	Midget Boys	33"	44.0	46.5	49.0
9:00am	300m H	Junior Boys	33"	42.5	45.0	48.0
9:10am	400m H	Senior Boys	36"	59.0	1:02.0	1:05.0
9:20am	2000m S/C	Open Boys		6:25.0	6:45.0	7:00.0
9:35am	3000m	Midget Girls		11:10.0	11:30.0	11:50.0
9:50am	3000m	Midget Boys		9:25.0	9:50.0	10:20.0
10:05am	100m	Midget Boys		11.5	11.9	12.3
10:20am	100m	Junior Boys		11.4	11.8	12.2
10:35am	100m	Senior Boys		11.2	11.6	11.9
10:45am	100m	Midget Girls		13.0	13.4	13.8
11:00am	100m	Junior Girls		12.6	13.1	13.6
11:15am	100m	Senior Girls		12.5	12.9	13.4
11:35am	1500m S/C	Open Girls		5:30.0	5:45.0	6:00.0
11:45am	400m	Midget Boys		53.0	55.5	58.0
12:00pm	400m	Junior Boys		52.5	54.5	56.5
12:15pm	400m	Senior Boys		51.0	52.5	54.0
12:25pm	400m	Midget Girls		1:02.0	1:05.0	1:08.0
12:40pm	400m	Junior Girls		1:00.0	1:03.0	1:06.0
12:55pm	400m	Senior Girls		59.0	1:02.0	1:04.0
1:00-1:30pm	Track Break					
1:30pm	3000m	Junior Girls		10:40.0	11:05.0	11:30.0
1:45pm	3000m	Senior Girls		10:38.0	10:59.0	11:20.0
2:00pm	3000m	Junior Boys		9:10.0	9:35.0	10:00.0
2:20pm	3000m	Senior Boys		8:55.0	9:15.0	9:30.0
2:30pm	110mH	Senior Boys	36"	12.8	13.5	14.5
2:40pm	100m H	Junior Boys	36"	12.5	13.0	14.0
2:50pm	100m H	Midget Boys	33"	15.5	16.0	16.5
2:55pm	100m H	Senior Girls	30"	15.0	15.5	16.0
3:05pm	80m H	Junior Girls	30"	14.8	15.4	16.0
3:15pm	80m H	Midget Girls	30"	15.0	15.7	16.2
3:20pm	800m	Midget Girls		2:24.0	2:34.0	2:44.0
3:35pm	800m	Junior Girls		2:21.0	2:28.0	2:35.0
3:45pm	800m	Senior Girls		2:20.0	2:25.0	2:30.0
3:50pm	800m	Midget Boys		2:06.0	2:16.0	2:26.0
4:00pm	800m	Junior Boys		2:03.0	2:08.0	2:13.0
4:05pm	800m	Senior Boys		1:59.5	2:04.5	2:09.5
4:10pm	200m	Midget Girls		27.0	28.0	29.0
4:30pm	200m	Junior Girls		26.0	27.3	28.0
4:45pm	200m	Senior Girls		25.5	26.5	27.5
4:50pm	200m	Midget Boys		23.9	24.9	25.9
5:10pm	200m	Junior Boys		23.3	24.0	24.7
5:30pm	200m	Senior Boys		22.5	23.0	23.8
5:35pm	1500m	Midget Girls		4:53.0	5:10.0	5:23.0
5:45pm	1500m	Junior Girls		4:50.0	5:05.0	5:15.0
5:55pm	1500m	Senior Girls		4:48.0	5:00.0	5:10.0
6:05pm	1500m	Midget Boys		4:21.0	4:35.0	4:50.0
6:15pm	1500m	Junior Boys		4:10.0	4:20.0	4:30.0
6:25pm	1500m	Senior Boys		4:02.0	4:10.0	4:18.0

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FIELD EVENTS			AWARDS		
Time	Event	Division	Gold	Silver	Bronze
9:00am	High Jump	Midget Girls	1.55m	1.50m	1.45m
10:30am	High Jump	Junior Girls	1.58m	1.54m	1.50m
10:30am	High Jump	Senior Girls	1.63m	1.58m	1.53m
2:00pm	High Jump	Midget Boys	1.75m	1.70m	1.65m
12:30pm	High Jump	Junior Boys	1.85m	1.80m	1.75m
12:30pm	High Jump	Senior Boys	1.90m	1.85m	1.80m
9:00am	Pole Vault	Open Girls	3.25m	2.90m	2.70m
10:30pm	Pole Vault	Boys 3m Under	3.10m	2.90m	2.75m
12:30am	Pole Vault	Boys 3m Over	3.80m	3.60m	3.40m
2:00pm	Long Jump	Midget Girls	5.10m	4.85m	4.70m
2:00pm	Long Jump	Junior Girls	5.15m	4.95m	4.75m
9:00am	Long Jump	Senior Girls	5.20m	5.00m	4.80m
10:30am	Long Jump	Midget Boys	5.90m	5.75m	5.60m
12:30pm	Long Jump	Junior Boys	6.15m	5.90m	5.70m
9:00am	Long Jump	Senior Boys	6.50m	6.25m	6.00m
12:30pm	Triple Jump	Midget Girls	10.10m	9.80m	9.50m
10:30am	Triple Jump	Junior Girls	10.30m	10.00m	9.70m
12:30pm	Triple Jump	Senior Girls	10.50m	10.15m	9.85m
9:00am	Triple Jump	Midget Boys	12.00m	11.75m	11.50m
10:30am	Triple Jump	Junior Boys	12.50m	12.15m	11.80m
2:00pm	Triple Jump	Senior Boys	13.00m	12.50m	12.00m
9:00am	Shot Put	Midget Girls	10.00m	9.80m	9.00m
10:15am	Shot Put	Junior Girls	10.30m	9.90m	9.50m
11:30am	Shot Put	Senior Girls	11.10m	10.75m	10.40m
12:45pm	Shot Put	Midget Boys	14.00m	13.50m	13.00m
2:00pm	Shot Put	Junior Boys	15.50m	15.00m	14.00m
3:15pm	Shot Put	Senior Boys	15.00m	14.50m	14.00m
11:30am	Discus	Midget Girls	28.00m	26.50m	25.00m
12:45pm	Discus	Junior Girls	31.50m	30.75m	30.00m
2:00pm	Discus	Senior Girls	34.00m	32.50m	31.00m
9:00am	Discus	Midget Boys	41.50m	41.00m	40.50m
3:15pm	Discus	Junior Boys	50.00m	47.00m	44.00m
10:15am	Discus	Senior Boys	44.00m	42.00m	40.00m
2:00pm	Javelin	Midget Girls	29.00m	28.00m	27.00m
3:15pm	Javelin	Junior Girls	33.00m	32.00m	31.00m
9:00am	Javelin	Senior Girls	35.00m	33.50m	32.00m
11:30am	Javelin	Midget Boys	44.00m	43.00m	42.00m
10:15am	Javelin	Junior Boys	49.00m	45.00m	41.00m
12:45am	Javelin	Senior Boys	50.00m	48.00m	46.00m

** Events may be advanced by up to 30 minutes

FOREST CITY MUSTANG INVITATIONAL TRACK AND FIELD RECORDS

Midget Girls

<u>Event</u>	<u>Performance</u>	<u>Name</u>	<u>School</u>	<u>Year</u>
100m	12.3	Victoria Bendle	London Banting	1997
200m	25.3	Donalda Duprey	Saugeen	1982
400m	58.0	Kelly Peak	London Regina Mundi	1998
800m	2:19.1	Jill Gamble	Owen Sound CI	1991
1500m	4:40.7	Michelle Bathurst	London Oakridge	1983
3000m	10:08.4	Sabina Horne	North Bay West Ferris	1978
80mH	11.3	Donna Charles	London Laurier	1998
300mH	47.0	Grace Sherwin	MT STM	2004
High Jump	1.66m	Catherine Bond	Woodstock CI	1983
Long Jump	5.16m	Audrey Dickson	Wingham F.E. Madill	1983
Triple Jump	10.26m	Emily Goad	London Mother Theresa	2006
Shot Put	10.82m	Lynda Harkness	Wingham F.E. Madill	1990
Discus	33.32m	Mary Lisle	Wingham F.E. Madill	1994
Javelin	36.04m	Laura Sovran	Villanova	1998

Junior Girls

<u>Event</u>	<u>Performance</u>	<u>Name</u>	<u>School</u>	<u>Year</u>
100m	12.1	Emily Johnson	Guelph John F. Ross	2003
	12.1	Zetica Gill	Mary Ward	2003
200m	24.5	Octavia Beckles	London Laurier	1990
400m	56.2	Octavia Beckles	London Laurier	1990
800m	2:14.7	Lori MacKay	Guelph John F. Ross	1978
1500m	4:39.7	Jill Purola	Woodstock Huron Park	1980
3000m	9:55.4	Jennifer McPeck	London South	1983
80mH	11.2	Jessica Zelinka	London Banting	1998
300mH	43.0	Jessica Zelinka	London Banting	1998
High Jump	1.76m	Lisa DeVries	London Lucas	1985
Long Jump	5.45m	Charolette Crombeen	MTS	2008
Triple Jump	10.74m	Anita Schipper	London Christian	2003
Shot Put	13.29m	Megan Weaver	London Lucas	2003
Discus	39.30m	Julie Lisle	Wingham F.E. Madill	1994
Javelin	43.58m	Bobbi Arnett	St.Thomas Parkside	1997

Senior Girls

<u>Event</u>	<u>Performance</u>	<u>Name</u>	<u>School</u>	<u>Year</u>
100m	11.9	Lisa Keunemans	Waterloo Bluevale	1987
200m	24.4	Val Beckles	London Laurier	1988
400m	55.1	Ayden Ollivier	Medway	2002
800m	2:14.5	Connie Beukeboom	London CCH	1987
1500m	4:36.3	Jackie Mota	Kitchener St. Mary's	1986
3000m	10:08.8	Karen Crich	Medway	1988
100mH	14.0	Jessica Zelinka	London Banting	1999
400mH	1:00.2	Nadia Schmidt	London John Paul II	1995
1500mS/C	5:15.42	Becky Pieteron	RMC	2008
Open 4x400m	4:20.70	"Saints"	Strathroy DCI	2005
High Jump }	1.71m	Catherine Bond	Woodstock CI	1986
}	1.71m	Nancy Van Druemel	East Lambton	1990
Pole Vault }	3.50m	Emma Crombeen	MTS	2008
Long Jump	5.53m	Ruth Pugh	Lord Dorchester	1981
Triple Jump	10.20m	Shantelle Williams	SAU	2005
Shot Put	13.05m	Bonnie Brooks	Sarnia CITS	1986
Discus	40.65m	Meredith Allan	Oakridge	2008
Javelin	45.60m	Laura Gignac	Villanova	1998

Midget Boys

<u>Event</u>	<u>Performance</u>	<u>Name</u>	<u>School</u>	<u>Year</u>
100m	11.1	Corey Crawley	London Oakridge	2006
200m	22.7	Brian Nutt	London Banting	2003
400m	51.8	Liam Card	Saugeen	1995
800m	2:03.2	Steve Sikic	Kitchener Eastwood	1983
1500m	4:16.9	Ian Forsyth	London Banting	1987
3000m	8:55.0	Chris Brewster	London CCH	1979
100mH	13.6	Jim Weston	Tillsonburg	1978
300mH	43.72	Greg MacNeill	London Mother Theresa	2007
High Jump	1.88m	Nick Salomons	Strathroy	1996
Pole Vault	3.60m	Matt Bannon	St. Benedict	1998
Long Jump	6.26m	Andrew Edwards	Notre Dame	1997
Triple Jump	12.15m	Kevin Bowman	Saugeen District	2008
Shot Put	17.59m	Dave Crombeen	Sarnia St. Pat's	1982
Discus	49.16m	Jason MacDonald	Wingham F.E. Madill	1994
Javelin	52.46m	Kevin Bowman	Saugeen District	2008

Junior Boys

<u>Event</u>	<u>Performance</u>	<u>Name</u>	<u>School</u>	<u>Year</u>
100m	10.8	D'Arcy Kay	London Saunders	1982
200m	21.6	D'Arcy Kay	London Saunders	1982
400m	49.5	Liam Card	Saugeen	1997
800m	1:57.0	Mike Thorson	Saugeen	1998
1500m	4:02.0	Rob Morrison	London Saunders	1987
3000m	8:39.0	Chris Brewster	London CCH	1981
100mH	14.0	Andrew Graham	London Banting	2006
300mH	39.4	Chris McFarlane	Waterloo Bluevale	1990
}	39.4	Jamie Hollingsworth	St.Thomas Parkside	1996
1500mS/C	4:27.0	Paul Self	Stratford Central	1984
High Jump	1.96m	Pat O'Donoghue	Walkerton Sacred Heart	1986
Pole Vault	4.26m	Mike Nolan	Lord Dorchester	1991
Long Jump	6.69m	Paul Whitty	London Saunders	1999
Triple Jump	12.62m	Adam Bell	Kincardine D.S.S.	2003
Shot Put	17.18m	Fraser Clarke	London Aquinas	1997
Discus	53.62m	Zack Ford	London Banting	2006
Javelin	59.86m	Wiley Collins	London Westminster	2006

Senior Boys

<u>Event</u>	<u>Performance</u>	<u>Name</u>	<u>School</u>	<u>Year</u>
100m	10.7	Kevin Butcher	Chatham Kent	1991
	10.7	Duane Clement	St. Benedict	1998
200m	21.3	Liam Card	Saugeen	1998
400m	47.9	Liam Card	Saugeen	1998
800m	1:54.5	Kurt Benninger	Walkerton District	2003
1500m	3:56.2	Shawn MacKay	East Elgin	1989
3000m	8:24.3	Chris Brewster	London CCH	1982
110mH	14.4	Jamie Ryder	London Banting	2006
400mH	55.0	Shaun Murray	Windsor St. Joe's	1998
2000m S/C	6:02.2	Steve Murray	Sandwich	1988
Open 4x400m	3:33.49	"Mustangs"	Peterborough Crestwood	2007
High Jump	2.06m	Pat O'Donoghue	Walkerton Sacred Heart	1987
Pole Vault	4.50m	Rob Flood	Woodstock CI	2000
Long Jump	6.98m	Taylor Stewart	London Regina Mundi	2008
Triple Jump	14.45m	Ikenna Obonna	St. Augustine	2006
Shot Put	18.73m	Johnny Neilson	Seaforth	1980
Discus	59.38m	Jason Tunks	London Banting	1995
Javelin	60.07m	Wiley Collins	Westminster	2008