

2019 Mustang Relays

Wednesday May 8th @ T.D. Stadium, Western University - London, ON

(from corner of Western and Sarnia Rd, head East. Sarnia Rd. becomes Philip Aziz Ave. TD Stadium will be on the right.)

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 the newly created Mustang Relays. Due to the early qualification deadline of the World University Games (FISU), we will be offering a few collegiate events during this meet, as well. The meet is on the Donald J. Wright Track at T.D. Stadium, home of the 2001 Canada Games, 2010 OFSAA Track and Field Championships and the 2018 Ontario Summer Games.



www.westernmustangs.ca



www.londonwesterntfc.com

Meet Director - Derrick Johnston

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519-636-4796

Events Offered: High School 4x100
High School 4x400
High School Sprint Hurdles
High School 1500m
High School Long Jump
High School Javelin
High School Pole Vault
Open Men/Women Sprint Hurdles (42'/33")
Open Men/Women Shot Put

Entries: Entries will be done on Trackie.

Deadline: **Monday May 6th 2019 @ 11:59pm**

Entry Fee: **High school athletes: \$10 per entry (individuals/relay teams)**
Open athletes: \$20/athlete

Max Entries: **A limit of 4 athletes per event, per age category, per school.**

FIELD EVENTS: Each competitor will be given 3 attempts, with the top 8 receiving 3 more. (Time Permitting)

ELIGIBILITY: All athletes competing in this meet must be registered through their respective schools. School uniform must be worn in competition. Any high school athletes wanting to compete in the invite sections will pay the invite fee.

CHECK-IN PROCEDURES:

TRACK

For relays, have your team check in 15min prior to the start of the event near the start line. For individual events, check in 10min prior to the start of your event, at the start line for the event.

FIELD

Check-in at your event, any time prior to the start of the event.

FINAL SCHEDULE

Track

- 4pm Open Men 110H Heats (Club)
- 4:05pm Sr Boys 110H (High School)
- 4:15pm Jr Boys 100H (High School)
- 4:15pm Md Boys 100H (High School)
- 4:20pm Open Women 100H Heats (Club)
- 4:20pm Sr Girls 100H (High School)
- 4:25pm Jr Girls 80H (High School)
- 4:30pm Md Girls 80H (High School)
- 4:45pm Open Boys 4x100 (High School)
- 5:00pm Open Girls 4x100 (High School)
- 5:15pm Sr Boys 1500m (High School)
- 5:20pm Md Boys/Jr Boys 1500m (High School)
- 5:30pm Sr Girls 1500m (High School)
- 5:40pm Md Girls/Jr Girls 1500m (High School)
- 5:50pm Open Women 100H Final (Club)
- 5:55pm Open Men 110H Final (Club)
- 6:00pm Open Boys 4x400 (High School)
- 6:10pm Open Girls 4x400 (High School)

Field

- 3pm Open Girls Pole Vault (High School) – Indoors at Thompson Arena
- 4pm Open Boys LJ – Flight A (High School)
- 4pm Open Girls Javelin (High School)
- 4:45pm Open Boys LJ – Flight B (High School)
- 4:30pm Open Boys Pole Vault (High School) – Indoors at Thompson Arena
- 4:30pm Open Men and Women SP (Club)

5:30pm Open Boys Javelin (High School)

5:30pm Open Girls LJ – Flight A (High School)

6:15pm Open Girls LJ – Flight B (High School)