

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
Open Men/Women Sprint Hurdles (42'/33")
Open Men/Women Shot Put

Entries: Entries will be done on Trackie.

Deadline: **Friday May 3rd 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.

Tentative SCHEDULE (Final Schedule posted after entry deadline)

Track

- 3pm Open Men 110H (Collegiate)
- 3:10pm Sr Boys 110H (High School)
- 3:20pm Jr Boys 100H (High School)
- 3:25pm Md Boys 100H (High School)
- 3:35pm Open Women 100H (Collegiate)
- 3:45pm Sr Girls 100H (High School)
- 3:55pm Jr Girls 80H (High School)
- 4:05pm Md Girls 80H (High School)
- 4:15pm 4x100 (High School)
- 5:00pm Open Boys 1500m (High School)
- 5:15pm Open Girls 1500m (High School)
- 5:30pm 4x400 (High School)

Field

- 3pm Open Boys LJ (High School)
- 3pm Open Girls Javelin (High School)
- 4:30pm Open Girls LJ (High School)
- 4:30pm Open Boys Javelin (High School)
- 4:30pm Open Men and Women SP (Collegiate)