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| 2022 Forest City Mustang Invitational |  |
| Wednesday May 4th, @ Alumni Stadium Western University | |

**2022 FOREST CITY/MUSTANG INVITATIONAL**

**TRACK AND FIELD MEET**

Wednesday May 4th @ Alumni 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 this year’s meet. The meet is on the Donald J. Wright Track at Alumni Stadium, home of the 2001 Canada Games, 2010 OFSAA Track and Field Championships and the 2018 Ontario Summer Games.

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| **www.westernmustangs.ca** | **www.londonwesterntfc.com** |

Meet Director – Taylor Ehrhardt

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519-639-0496

**ENTRIES:** Entries can be done at [WWW.TRACKIE.CA](http://WWW.TRACKIE.CA). In the dropdown menu on the top left of the page, click on TrackieReg, then click on Find Event at the top of the page. Once you find our event, simply follow the steps to enter.

**Deadline: Friday April 29nd 2022 @ 11:59pm**

**Entry Fee: $15 per athlete or a maximum of $450 per school.**

**Max Entries:** **A limit of 4 athletes per event, per age category, per school. Each athlete is also limited to a total of 2 events.**

**Check-in:** **Last check in for track events will be 30min before the start of the race, for re-seeding to take place. All athletes that miss last check-in will be scratched from the race with no exceptions.**

**Check-in for field events at the event site 30min before start time**

Live Results will be posted during the meet at: www.londonwesterntfc.com

**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 slower sections.

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#### **FIELD EVENTS**: In horizontal jumps and all throws, each competitor will be given 3 attempts, with the top 8 receiving 3 more. **(Time permitting).**

#### **1st Legal attempt will be measured, all remaining attempts must surpass a minimum distance (TBD) in order 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.

**ELIGIBILITY:** All athletes competing in this meet must be registered through their respective schools. School uniform must be worn in competition.

\*\* Events may be advanced by up to 30 minutes

FOREST CITY MUSTANG INVITATIONAL TRACK AND FIELD RECORDS

**Novice Girls**

EventPerformanceNameSchoolYear

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 10.70m Katie McDonald LDSS 2016

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**

EventPerformanceNameSchoolYear

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 5.48m Jasmin Kerr London South 2009

Triple Jump 10.90m Emily Sluys Lucas 2015

Shot Put 13.29m Megan Weaver London Lucas 2003

Discus 39.30m Julie Lisle F.E. Madill 1994

Javelin 43.58m Bobbi Arnett St.Thomas Parkside 1997

**Senior Girls**

EventPerformanceNameSchool Year

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 9:46.14 Charlotte Prouse Central 2015

100mH 14.0 Jessica Zelinka London Banting 1999

400mH 1:00.2 Nadia Schmidt London John Paul II 1995

1500mS/C 5:07.49 Katie Fleischer Sarnia Northern 2011

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 3.85m Alysha Newman MTS 2012

Long Jump 5.53m Ruth Pugh Lord Dorchester 1981

Triple Jump 11.52m Kendall Montieth Msga St. Marcellinus 2011

Shot Put 13.05m Bonnie Brooks Sarnia CITS 1986

Discus 40.65m Meredith Allan Oakridge 2008

Javelin 45.60m Laura Gignac Villanova 1998

**Novice Boys**

EventPerformanceNameSchool Year

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 42.69 Tanner Smyth Central Elgin 2015

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 12.48m Scott Billings London Central 2012

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**

EventPerformanceNameSchoolYear

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 14.19 Jordan Sherwood Cameron Heights 2011

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 1.97m Matt West Walkerton 2009

Pole Vault 4.26m Mike Nolan Lord Dorchester 1991

Long Jump 6.72m Adam Lee JFR 2015

Triple Jump 13.35m Scott Billings London Central 2013

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**

EventPerformanceNameSchool Year

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 1:53.18 Cameron Hoggarth Goderich 2017

1500m 3:56.2 Shawn MacKay East Elgin 1989

3000m 8:24.3 Chris Brewster London CCH 1982

110mH 14.27 Chris Green Cameron Heights 2012

400mH 54.59 Calvin Arsenault St. Mary’s 2011

2000m S/C 6:02.2 Steve Murray Sandwich 1988

Open 4x400m 3:33.49 “Mustangs” Peterborough Crestwood 2007

High Jump 2.10m Branden Wilhelm Woodstock CI 2011

Pole Vault 4.50m Rob Flood Woodstock CI 2000

Long Jump 7.15m Riley Bell Central Elgin 2013

Triple Jump 14.86m Riley Bell Central Elgin 2013

Shot Put 18.73m Johnny Neilson Seaforth 1980

Discus 59.38m Jason Tunks London Banting 1995

Javelin 60.07m Wiley Collins Westminster 2000