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| 2024 Forest City Mustang Invitational | A picture containing text  Description automatically generated |
| Thursday April 25th, 2024 @ Alumni Stadium Western University |

**2024 FOREST CITY/MUSTANG INVITATIONAL**

**TRACK AND FIELD MEET**

Thursday April 25th @ Alumni Stadium, Western University - London, ON

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 which was resurfaced in 2021 and is home of the 2024 OFSAA Track & Field Championships

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

Meet Director – Taylor Ehrhardt

Taylorehrhardt10@gmail.com

519-639-0496

**ENTRIES:** Entries can be done at: [Forest City | Mustang Invitational (trackie.com)](https://www.trackie.com/event/forest-city-mustang-invitational/1007380/)

**Deadline: Friday April 19st 2024 @ 11:59pm**

**Entry Fee: $15 per athlete or a maximum of $550 per school. Cheques can be made out to:**

 **“Western University”, If you are paying online, there will be an admin fee that will be on-top of the team cap**

**Max Entries:** **A limit of 3 athletes per event, per age category, per school. Each athlete is also limited to total**

 **of 2 events.**

**Track Check-in:** **Last check in for track events will be 20min before the start of the race, at the start line of the**

 **event. All athletes that miss last check-in will be scratched from the race with NO EXCEPTIONS.**

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

**Schedule: Final Schedule will be sent out once entries are closed.**

Results will be posted during the meet at: mustangstiming.com/Results/FCMI24

 **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. Unseeded athletes will be placed at the bottom of the start list, in the slower sections. We know that this will be the first meet for most schools but please try and make a guess about the seed times.

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#### **FIELD EVENTS**: In horizontal jumps and all throws, each competitor will be given 3 attempts.

#### **1st Legal attempt will be measured, all remaining attempts must surpass a minimum distance 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.

**POLE VAULT LOCATION:**  Pole Vault will take place at the outdoor track, if weather is bad/raining pole vault will be moved to the indoor track.

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

**AWARDS:** Awards: 1st place will receive a prize, ribbons for standards achieved

**FIRST AID:**  Headquarters will be in the change room 1, inside main building.

**2024 FOREST CITY/MUSTANG INVITATIONAL**

**TENTATIVE TRACK SCHEDULE**

**TRACK EVENTS – Track events will be run from FAST to SLOW**

**\*In the interest of time, we will run ahead of schedule whenever possible\***

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| **Event Start Time** | **Event** | **Divison** |
| 9:30am | 110mh | Senior Boys 36” |
| TBD | 100mh | Junior Boys 36” |
| TBD | 100mh | Novice Boys 33” |
| TBD | 100mh | Senior Girls 30” |
| TBD | 80mh | Junior Girls 30” |
| TBD | 80mh | Novice Girls 30” |
| TBD | 800m | Novice Girls |
| TBD | 800m | Junior Girls |
| TBD | 800m | Senior Girls |
| TBD | 800m | Novice Boys |
| TBD | 800m | Junior Boys |
| TBD | 800m | Senior Boys |
| TBD | 100m | Novice Girls |
| TBD | 100m | Junior Girls |
| TBD | 100m | Senior Girls |
| Track Break | Track Break | Track Break |
| TBD | 100m | Novice Boys |
| TBD | 100m | Junior Boys |
| TBD | 100m | Senior Boys |
| TBD | 400m | Novice Girls |
| TBD | 400m | Junior Girls |
| TBD | 400m | Senior Girls |
| TBD | 400m | Novice Boys |
| TBD | 400m | Junior Boys |
| TBD | 400m | Senior Boys |
| TBD | 1500m | Novice Girls |
| TBD | 1500m | Junior Girls |
| TBD | 1500m | Senior Girls |
| TBD | 1500m | Novice Boys |
| TBD | 1500m | Junior Boys |
| TBD | 1500m | Senior Boys |

**RESULTS:** mustangstiming.com/Results/FCMI24

**FINAL FIELD SCHEDULE**

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| **Time** | **Event** | **Divison** |
| 11:00 | High Jump | Junior Girls |
| TBD | High Jump | Novice Girls |
| TBD | High Jump | Senior Girls |
| TBD | High Jump | Junior Boys |
| TBD | High Jump | Novice Boys |
| TBD | High Jump | Senior Boys |

**High Jump Starting Heights**

Novice/Junior Boys - starting ht./increments 1.40 + 10cm to 1.50 + 5cm

Senior Boys - starting ht./increments 1.51 + 10cm to 1.61 + 5cm

Novice/Junior Girls - starting ht./increments 1.20 + 10cm to 1.40 + 5cm

Senior Girls - starting ht./increments 1.33 + 10cm to 1.43 + 5cm

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| **Time** | **Event** | **Divison** |
| 11:00 | Long Jump (Upper Pit) | Senior Boys |
| 11:00 | Long Jump (Lower Pit) | Senior Girls |
| TBD | Long Jump (Upper Pit) | Novice Boys |
| TBD | Long Jump (Lower Pit) | Novice Girls |
| TBD | Long Jump (Upper Pit) | Junior Boys |
| TBD | Long Jump (Lower Pit) | Junior Girls |

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| **Time** | **Event** | **Divison** |
| 12:00 | Pole Vault | Novice/Junior Girls |
| 1:30 | Pole Vault | Senior Girls |
| 3:00 | Pole Vault | Novice/Junior Boys |
| 4:30 | Pole Vault | Senior Boys |

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| **Time** | **Event** | **Divison** |
| 11:00am | Shot Put | Novice Girls |
| 12:15am | Shot Put | Junior Girls |
| 1:30pm | Shot Put | Senior Girls |
| 3:00pm | Shot Put | Novice Boys |
| 4:15pm | Shot Put | Junior Boys |
| 5:30pm | Shot Put | Senior Boys |

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| **Time** | **Event** | **Divison** |
| 11:00am | Discus | Senior Boys |
| 1:00pm | Discus | Junior Boys |
| 2:30pm | Discus | Novice Boys |
| 3:30pm | Discus | Senior Girls |
| 4:30pm | Discus | Novice Girls |
| 5:45pm | Discus | Junior Girls |

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| **Time** | **Event** | **Divison** |
| 11:00am | Javelin | Junior Boys |
| 12:30pm | Javelin | Novice Boys |
| 1:45pm | Javelin | Senior Boys |
| 3:30pm | Javelin | Junior Girls |
| 5:00pm | Javelin | Novice Girls |
| 6:00pm | Javelin | Senior Girls |

**RESULTS:** mustangstiming.com/Results/FCMI24