

Coaches,

Welcome to the 4th Annual Woodstock Spring Classic at College Avenue Secondary School on Wednesday May 8th, 2024. Once again, we hope to provide high school track and field athletes with an opportunity to participate in an exhibition meet that includes a variety of events in a fun and competitive environment.

Online registration is available at www.trackie.com

Hosted by: CASS, HPSS & WCI Family of Schools

Date: Wednesday May 8, 2024

Location: College Avenue Secondary School
700 College Avenue, Woodstock, ON

Meet Directors: Blair Windsor Jennifer Windsor
Woodstock C.I. Huron Park S.S.
b.windsor@tvdsb.ca j.windsor@tvdsb.ca

Timing & Results: Mustang Timing

Facilities: College Avenue Secondary School has a 6-lane track newly finished in 2024. **All weather (rubber) surface** for all track, javelin and jumping events. Shot put and discus circles are concrete. Portable toilets are available. Participants are responsible for the safety of their own belongings.

MAXIMUM SPIKE LENGTH 6 MM ON ALL TRACK OR RUNWAY SURFACES

Entry Fee: \$15.00 per athlete - may compete in up to 3 individual events
\$15.00 per relay team.
Maximum 3 entries per event per school.
Maximum fee: \$550 per school
Make cheques payable to: Woodstock Collegiate Institute

Awards: T-shirts to all first place finishers in individual events and relays.

Entry Deadline: May 4, 2024.

Registration: A registration table will be set up outside of the track facility.

Eligibility: All athletes competing in this meet must be registered through their respective schools. High School eligible as defined by OFSAA. School uniform must be worn in competition.

Parking: There is limited parking available at College Avenue S.S. and no room for buses to park.

Schedule of Track Events

	Event	
10:30 AM	Hurdles (300m/400m)	NG, JG, SG, NB, JB, SB
11:30 AM	3000m	NG, JG, SG
12:30 PM	200m	NG, JG, SG, NB, JB, SB
2:00 PM	3000m	NB, JB, SB
3:00 AM	400m	NG, JG, SG, NB, JB, SB
4:30 AM	Medley Relay (100x100x200x800)	NG, JG, SG, NB, JB, SB

Officiating: All duties will be carried out by Oxford County volunteer coaches.

- Timed Finals
 - Seeded entries will run in the last heats from slowest to fastest
 - Unseeded athletes will be placed in the first heats
 - Best efforts will be made to avoid runners from the same school running in the same heat
 - Blocks will be used in the hurdles, 200m, 400m and relay events
- *PLEASE ensure ALL athletes have received practice setting up and taking off from the blocks if they plan on using them. This will aid in avoiding unnecessary time delays on the track. This includes athletes NOT using blocks- they should know how to position themselves in the “mark” position behind the starting line.**

Schedule of Field Events

	Shot Put	Javelin	Discus	High Jump	Long Jump
10:00 AM	SG	JG	NG	JB	NB
11:15 AM	JB	NB	SB	JG	NG
12:30 PM	JG	NG	SG	NB	SB
1:45 PM	NB	SB	JB	NG	SG
3:00 PM	NG	SG	JG	SB	JB
4:15 PM	SB	JB	NB	SG	JG

- Each competitor will receive 3 attempts
Each competitor’s first legal throw/jump will be measured. All subsequent attempts will only be measured if they are beyond the distance of the 8th place competitor from the first round.
- High Jump will begin at a height intended to give all athletes a successful attempt. Athletes are urged to pass at earlier heights and/or once they have registered one successful jump they can pass and re-enter when they feel the height is appropriate for them.

Starting Heights:

Novice Girls 120 cm	Novice Boys 130 cm
Junior/Senior Girls 130cm	Junior/Senior Boys 145 cm