

Coaches,

Welcome to the 5<sup>th</sup> Annual Woodstock Spring Classic at College Avenue Secondary School. This year we are offering two separate meets held on Tuesday May 6th & Wednesday May 7th, 2025. Once again, we hope to provide high school track and field athletes with an opportunity to participate in exhibition meets that include a full complement of events in a fun and competitive environment.

Online registration is available at [www.trackie.com](http://www.trackie.com)

**Hosted by:** CASS, HPSS & WCI Family of Schools

**Dates:** Tuesday May 6th & Wednesday May 7th, 2025

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

**Meet Directors:** Blair Windsor                      Jennifer Windsor  
Woodstock C.I.                                      Huron Park S.S.  
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**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:** Separate registrations and fees apply for each day.  
\$15.00 per athlete - may compete in up to 3 individual events  
Maximum 3 entries per event per school.  
Maximum fee: \$500 per school  
Make cheques payable to: Woodstock Collegiate Institute

**Awards:** T-shirts to all first place finishers.

**Entry Deadline:** May 4, 2025.

**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.

## Day 2 Schedule - Wednesday May 7th Track Events

|                 | Event               |                        |
|-----------------|---------------------|------------------------|
| <b>10:30 AM</b> | Hurdles (300m/400m) | NG, JG, SG, NB, JB, SB |
| <b>11:30 AM</b> | 3000m               | NG, JG, SG             |
| <b>12:30 PM</b> | 200m                | NG, JG, SG, NB, JB, SB |
| <b>2:00 PM</b>  | 3000m               | NB, JB, SB             |
| <b>3:00 PM</b>  | 800m                | NG, JG, SG, NB, JB, SB |

- 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 and 200m 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 | Discus | Long Jump | Pole Vault            |
|-----------------|----------|--------|-----------|-----------------------|
| <b>10:00 AM</b> | SG       | NG     | NB        | <b>10:00 AM</b> NG/JG |
| <b>11:15 AM</b> | JB       | SB     | NG        | NB/JB                 |
| <b>12:30 PM</b> | JG       | SG     | SB        |                       |
| <b>1:45 PM</b>  | NB       | JB     | SG        | <b>1:30 PM</b> SG     |
| <b>3:00 PM</b>  | NG       | JG     | JB        | SB                    |
| <b>4:15 PM</b>  | SB       | NB     | 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.