

Coaches,

Welcome to the 6th Annual Woodstock Spring Classic. We are continuing to offer two separate meets on Wednesday May 6th & Thursday May 7th, 2026. 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

Hosted by: WCI, HPSS & CASS Family of Schools

Dates: Wednesday May 6th & Thursday May 7th, 2026

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: Separate registrations and fees apply for each day.
\$15.00 per athlete - may compete in up to 3 individual events
Maximum 5 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: Friday May 1, 2026 (midnight).

Scratch Deadline: Monday May 4, 2026 (midnight)

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.

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

Day 1 Schedule - Wednesday May 6th Track Events

	Event	
10:30 AM	Sprint Hurdles (80m/100m/110m)	NG, JG, SG, NB, JB, SB
11:30 AM	Steeplechase	Open Boys, Open Girls
12:30 PM	100m	NG, JG, SG, NB, JB, SB
	TRACK BREAK	
2:30 PM	1500m	NG, JG, SG, NB, JB, SB
3:30 PM	400m	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, 100m and 400m 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

	Javelin	Triple Jump	High Jump
10:00 AM	JG	NG	JB
11:30AM	NB	SB	JG
12:45 PM	NG	SG	NB
2:00 PM	SB	JB	NG
3:15 PM	SG	JG	SB
4:30 PM	JB	NB	SG

- 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 starting heights:

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

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.

Day 2 Schedule - Thursday May 7th 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
	Track Break	
2:30 PM	3000m	NB, JB, SB
3:30 PM	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
10:00 AM	SG	NG	NB	10:00 AM NG/JG
11:30 AM	JB	SB	NG	NB/JB
12:45 PM	JG	SG	SB	
2:00 PM	NB	JB	SG	1:30 PM SG
3:15 PM	NG	JG	JB	SB
4:30 PM	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.