

2017  
Forest City  
Mustang  
Invitational



Saturday April 29th, @ TD Stadium Western University

**2017 FOREST CITY/MUSTANG INVITATIONAL  
TRACK AND FIELD MEET**

Saturday April 29th @ T.D. 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 T.D. Stadium, home of the 2001 Canada Games and 2010 OFSAA Track and Field Championships.



[www.westernmustangs.ca](http://www.westernmustangs.ca)



[www.londonwesterntfc.com](http://www.londonwesterntfc.com)

Meet Director - Derrick Johnston

[londonwesterntfc@gmail.com](mailto:londonwesterntfc@gmail.com)

519-636-4796

**ENTRIES:** Entries can be done at [WWW.TRACKIE.CA](http://WWW.TRACKIE.CA), or via Hy-Tek Meet Manager. If using Hy-Tek, submit event file to forestcitymustang@gmail.com. Event file available at [WWW.LONDONWESTERNTEFC.COM](http://WWW.LONDONWESTERNTEFC.COM). If using Trackie, you do not need the event file. 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:** **Monday April 24th, 2017 @ 11:59pm**

**Entry Fee:** **\$15 per athlete or a maximum of \$400 per school.**

**Max Entries:** **A limit of 5 athletes per event, per age category, per school.**

**FACILITY:** Mondo surface on 8-lane track and all runways. Concrete circles. Maximum spike length 7mm (9mm for HJ/JV).

**AWARDS:** First place finishers in each category will receive a championship t-shirt. Gold, Silver, and Bronze performance awards will be presented based on standards. Please ensure athletes pick up their awards before leaving. Awards will not be mailed out.

Live Results will be posted during the meet at:  
[www.londonwesternafc.com](http://www.londonwesternafc.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.

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

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

## 2017 FOREST CITY/MUSTANG INVITATIONAL - TRACK SCHEDULE

Saturday April 29<sup>th</sup> @ T.D. Stadium, Western University

TRACK EVENTS			AWARDS			
Time	Event	Division		Gold	Silver	Bronze
8:30am	400m H	Senior Boys	36"	59.24	1:02.24	1:05.24
8:40am	400m H	Senior Girls	30"	1:04.24	1:06.74	1:09.24
8:50am	300m H	Junior Girls	30"	46.74	49.74	52.24
8:55am	300m H	Midget Girls	30"	48.24	50.74	53.24
9:05am	300m H	Junior Boys	33"	42.74	45.24	48.24
9:15am	300m H	Midget Boys	33"	44.24	46.74	49.24
9:25am	2000m S/C	Open Boys	36"	6:25.24	6:45.24	7:00.24
9:40am	3000m	Midget Girls		11:10.24	11:30.24	11:50.24
9:55am	3000m	Midget Boys		9:25.24	9:50.24	10:20.24
10:10am	100m	Midget Boys		11.74	12.14	12.54
10:25am	100m	Junior Boys		11.64	12.04	12.44
10:40am	100m	Senior Boys		11.44	11.84	12.14
10:50am	100m	Midget Girls		13.24	13.64	14.04
11:05am	100m	Junior Girls		12.84	13.34	13.84
11:20am	100m	Senior Girls		12.74	13.14	13.64
11:35am	1500m S/C	Open Girls	30"	5:30.24	5:45.24	6:00.24
11:45am	400m	Midget Boys		53.24	55.74	58.24
12:00pm	400m	Junior Boys		52.74	54.74	56.74
12:15pm	400m	Senior Boys		51.24	52.74	54.24
12:25pm	400m	Midget Girls		1:02.24	1:05.24	1:08.24
12:40pm	400m	Junior Girls		1:00.24	1:03.24	1:06.24
12:55pm	400m	Senior Girls		59.24	1:02.24	1:04.24
<b>1:00-1:30pm Track Break</b>						
1:30pm	3000m	Junior Girls		10:40.24	11:05.24	11:30.24
1:30pm	3000m	Senior Girls		10:38.24	10:59.24	11:20.24
1:45pm	3000m	Junior Boys		9:10.24	9:35.24	10:00.24
1:45pm	3000m	Senior Boys		8:55.24	9:15.24	9:30.24

2:00pm	110mH	Senior Boys	36"	13.04	13.74	14.74
2:10pm	100m H	Junior Boys	36"	12.74	13.24	14.24
2:20pm	100m H	Midget Boys	33"	15.74	16.24	16.74
2:30pm	100m H	Senior Girls	30"	15.24	15.74	16.24
2:40pm	80m H	Junior Girls	30"	15.04	15.64	16.24
2:50pm	80m H	Midget Girls	30"	15.24	15.94	16.44
3:05pm	800m	Midget Girls		2:24.24	2:34.24	2:44.24
3:15pm	800m	Junior Girls		2:21.24	2:28.24	2:35.24
3:25pm	800m	Senior Girls		2:20.24	2:25.24	2:30.24
3:35pm	800m	Midget Boys		2:06.24	2:16.24	2:26.24
3:45pm	800m	Junior Boys		2:03.24	2:08.24	2:13.24
3:55pm	800m	Senior Boys		1:59.74	2:04.74	2:09.74
4:15pm	200m	Midget Girls		27.24	28.24	29.24
4:25pm	200m	Junior Girls		26.24	27.54	28.24
4:35pm	200m	Senior Girls		25.74	26.74	27.74
4:45pm	200m	Midget Boys		24.14	25.14	26.14
4:55pm	200m	Junior Boys		23.54	24.24	24.94
5:05pm	200m	Senior Boys		22.74	23.24	24.04



## 2017 FOREST CITY/MUSTANG INVITATIONAL - FIELD SCHEDULE

Saturday April 29<sup>th</sup> @ T.D. Stadium, Western University

FIELD EVENTS			AWARDS		
Time	Event	Division	Gold	Silver	Bronze
9:00am	High Jump	Midget Boys	1.75m	1.70m	1.65m
11:00am	High Jump	Junior Girls	1.58m	1.54m	1.50m
11:00am	High Jump	Senior Girls	1.63m	1.58m	1.53m
2:00pm	High Jump	Midget Girls	1.55m	1.50m	1.45m
3:30pm	High Jump	Junior Boys	1.85m	1.80m	1.75m
3:30pm	High Jump	Senior Boys	1.90m	1.85m	1.80m
9:00am	Pole Vault	Midget/Jr Girls	3.00m	2.80m	2.65m
10:30am	Pole Vault	Senior Girls	3.25m	2.90m	2.70m
12:45pm	Pole Vault	Midget/Jr Boys	3.35m	3.15m	3.00m
2:30pm	Pole Vault	Senior Boys	3.80m	3.60m	3.40m
9:00am	LJ Pit 1	Midget Girls	5.10m	4.85m	4.70m
9:00am	LJ Pit 2	Junior Girls	5.15m	4.95m	4.75m
9:00am	LJ Pit 3	Senior Girls	5.20m	5.00m	4.80m
11:00am	LJ Pit 1	Midget Boys	5.90m	5.75m	5.60m
11:00am	LJ Pit 2	Junior Boys	6.15m	5.90m	5.70m
11:00am	LJ Pit 3	Senior Boys	6.50m	6.25m	6.00m
1:00pm	TJ Pit 1	Midget Girls	10.00m	9.70m	9.40m
1:00pm	TJ Pit 2	Junior Girls	10.20m	9.90m	9.60m
1:00pm	TJ Pit 3	Senior Girls	10.40m	10.05m	9.75m
3:00pm	TJ Pit 1	Midget Boys	11.90m	11.65m	11.40m
3:00pm	TJ Pit 2	Junior Boys	12.40m	12.05m	11.70m
3:00pm	TJ Pit 3	Senior Boys	12.90m	12.40m	11.90m
8:30am	Shot Put	Midget Girls	10.00m	9.80m	9.00m
10:00am	Shot Put	Junior Girls	10.20m	9.80m	9.40m
12:00pm	Shot Put	Senior Girls	11.00m	10.65m	10.30m

1:30pm	Shot Put	Midget Boys	14.00m	13.50m	13.00m
3:00pm	Shot Put	Junior Boys	15.40m	14.90m	13.90m
4:30pm	Shot Put	Senior Boys	14.90m	14.40m	13.90m
8:30am	Discus	Junior Girls	30.50m	29.75m	29.00m
10:00am	Discus	Senior Girls	33.00m	31.50m	30.00m
12:00pm	Discus	Midget Girls	27.00m	25.50m	24.00m
1:30pm	Discus	Junior Boys	49.00m	46.00m	43.00m
3:00pm	Discus	Senior Boys	43.00m	41.00m	39.00m
4:30pm	Discus	Midget Boys	40.50m	40.00m	39.50m
8:30am	Javelin	Senior Girls	35.00m	33.50m	32.00m
10:00am	Javelin	Midget Girls	27.00m	26.00m	25.00m
12:00pm	Javelin	Junior Girls	33.00m	32.00m	31.00m
1:30pm	Javelin	Senior Boys	50.00m	48.00m	46.00m
3:00pm	Javelin	Midget Boys	42.00m	41.00m	40.00m
4:30pm	Javelin	Junior Boys	49.00m	45.00m	41.00m

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



## FOREST CITY MUSTANG INVITATIONAL TRACK AND FIELD RECORDS

### Midget Girls

<u>Event</u>	<u>Performance</u>	<u>Name</u>	<u>School</u>	<u>Year</u>
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
<b>Triple Jump</b>	<b>10.70m</b>	<b>Katie McDonald</b>	<b>LDSS</b>	<b>2016</b>
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

<u>Event</u>	<u>Performance</u>	<u>Name</u>	<u>School</u>	<u>Year</u>
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

<u>Event</u>	<u>Performance</u>	<u>Name</u>	<u>School</u>	<u>Year</u>
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



### Midget Boys

<u>Event</u>	<u>Performance</u>	<u>Name</u>	<u>School</u>	<u>Year</u>
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

<u>Event</u>	<u>Performance</u>	<u>Name</u>	<u>School</u>	<u>Year</u>
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

<u>Event</u>	<u>Performance</u>	<u>Name</u>	<u>School</u>	<u>Year</u>
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	1:54.40	Triphon Moodie	St. Joan of Arc	2012
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	2008