

2022  
Forest City  
Mustang  
Invitational



Wednesday May 4th, @ Alumni Stadium Western University

**2022 FOREST CITY/MUSTANG INVITATIONAL  
TRACK AND FIELD MEET**

Wednesday May 4th @ Alumni 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 Alumni Stadium, home of the 2001 Canada Games, 2010 OFSAA Track and Field Championships and the 2018 Ontario Summer Games.



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



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

Meet Director – Taylor Ehrhardt  
Taylorehhardt10@gmail.com  
519-639-0496

**ENTRIES:** Entries can be done at [WWW.TRACKIE.CA](http://WWW.TRACKIE.CA). 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:** Friday April 29<sup>nd</sup> 2022 @ 11:59pm

**Entry Fee:** \$15 per athlete or a maximum of \$450 per school.

**Max Entries:** A limit of 4 athletes per event, per age category, per school. Each athlete is also limited to a total of 2 events.

**Check-in:** Last check in for track events will be 30min before the start of the race, for re-seeding to take place. All athletes that miss last check-in will be scratched from the race with no exceptions.

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

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 all throws, each competitor will be given 3 attempts, with the top 8 receiving 3 more. **(Time permitting).**

**1<sup>st</sup> Legal attempt will be measured, all remaining attempts must surpass a minimum distance (TBD) in order 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.

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

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

## FOREST CITY MUSTANG INVITATIONAL TRACK AND FIELD RECORDS

### Novice 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
Triple Jump	10.70m	Katie McDonald	LDSS	2016
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

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

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

**Novice Boys**

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**

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**

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	1:53.18	Cameron Hoggarth	Goderich	2017
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	2000

