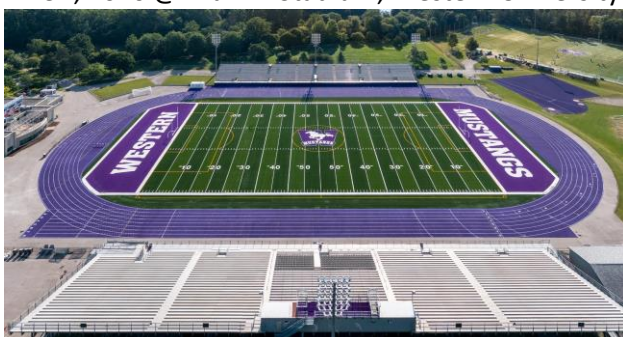


# 2026 Forest City Mustang Invitational



## 2026 FOREST CITY/MUSTANG INVITATIONAL TRACK AND FIELD MEET

Thursday April 23<sup>rd</sup>, 2026 @ Alumni Stadium, Western University - London, ON



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 which was resurfaced in 2021 and was home of the 2024 OFSAA Track & Field Championships and the upcoming 2027 National Championships and 2028 Olympic/Paralympic Trials



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



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

Meet Directors

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- ENTRIES:** Entries can be done at: [2026 Forest City | Mustang Invitational](#)
- Deadline:** Friday April 17<sup>th</sup> 2026 @ 11:59pm
- Entry Fee:** \$20 per athlete or a maximum of \$600 per school. Online payments only.
- Max Entries:** **A limit of 3 athletes per event, per age category, per school.**  
**Each athlete is also limited to total of 2 events.**
- Track Check-in:** **Last check in for track events will be 20min before the start of the race, at the start line of the event. All athletes that miss last check-in will be scratched from the race with NO EXCEPTIONS.**
- Field Check-in:** Check-in for field events at the event site 30min before start time
- Schedule:** Final Schedule will be sent out once entries are closed.
- 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. Unseeded athletes will be placed at the bottom of the start list, in the slower sections. **We know that this will be the first meet for most schools but please try and make a guess about the seed times.** Another note – In the interest of time, *starting blocks will not be permitted for the 400m.* This was an area where we got behind schedule in previous years as most athletes were not aware of how to set up their blocks. We simply don't have the time to accommodate blocks.
- FIELD EVENTS:** In horizontal jumps and all throws, each competitor will be given 3 attempts.  
**1<sup>st</sup> Legal attempt will be measured, all remaining attempts must surpass a minimum distance 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.**
- POLE VAULT LOCATION:** Pole Vault will take place at the outdoor track, if weather is bad/raining pole vault will be moved to the indoor track.
- ELIGIBILITY:** All athletes competing in this meet must be registered through their respective schools. School uniform must be worn in competition.
- FIRST AID:** Headquarters will be in the change room 1, inside main building.

**2026 FOREST CITY/MUSTANG INVITATIONAL**  
**TENTATIVE TRACK SCHEDULE**

**TRACK EVENTS – Track events will be run from FAST to SLOW**

**\*In the interest of time, we will run 30min ahead of schedule whenever possible\***

<u>Event Start Time</u>	<u>Event</u>	<u>Divison</u>
9:00am	110mh	Senior Boys 36"
9:20am	100mh	Junior Boys 36"
9:40am	100mh	Novice Boys 33"
10:00am	100mh	Senior Girls 30"
10:25am	80mh	Junior Girls 30"
10:40am	80mh	Novice Girls 30"
11:05am	800m	Novice Girls
11:20am	800m	Junior Girls
11:30am	800m	Senior Girls
11:45am	800m	Novice Boys
12:05pm	800m	Junior Boys
12:25pm	800m	Senior Boys
1:00pm	100m	Para Boys
1:05pm	100m	Novice Girls
1:35pm	100m	Junior Girls
2:00pm	100m	Senior Girls
2:25pm	100m	Novice Boys
2:50pm	100m	Junior Boys
3:15pm	100m	Senior Boys
3:45pm	400m	Novice Girls
4:10pm	400m	Junior Girls
4:25pm	400m	Senior Girls
4:50pm	400m	Novice Boys
5:10pm	400m	Junior Boys
5:35pm	400m	Senior Boys
6:00pm	1500m	Novice Girls
6:15pm	1500m	Junior Girls
6:30pm	1500m	Senior Girls
6:45pm	1500m	Novice Boys
7:00pm	1500m	Junior Boys
7:15pm	1500m	Senior Boys

**RESULTS:** [mustangstiming.com/Results/FCMI26](http://mustangstiming.com/Results/FCMI26)

## FINAL FIELD SCHEDULE

<u>Time</u>	<u>Event</u>	<u>Division</u>
11:00am	High Jump	Junior Girls
12:15pm	High Jump	Novice Girls
1:30pm	High Jump	Senior Girls
3:00pm	High Jump	Junior Boys
4:30pm	High Jump	Novice Boys
5:45pm	High Jump	Senior Boys

### High Jump Starting Heights

Novice/Junior Boys - starting ht./increments 1.40 + 10cm to 1.50 + 5cm

Senior Boys - starting ht./increments 1.51 + 10cm to 1.61 + 5cm

Novice/Junior Girls - starting ht./increments 1.20 + 10cm to 1.40 + 5cm

Senior Girls - starting ht./increments 1.33 + 10cm to 1.43 + 5cm

<u>Time</u>	<u>Event</u>	<u>Division</u>
Flight 1 - 11:00am Flight 2 - 12:30pm	Long Jump (North Pit)	Senior Boys
Flight 1 - 11:00am Flight 2 - 12:30pm	Long Jump (South Pit)	Junior Girls
Flight 1 - 11:00am Flight 2 - 12:30pm	Long Jump (Lower Pit)	Novice Boys
Flight 1 - 2:00pm Flight 2 - 3:30pm	Long Jump (North Pit)	Senior Girls
Flight 1 - 2:00pm Flight 2 - 3:30pm	Long Jump (South Pit)	Junior Boys
Flight 1 - 2:00pm Flight 2 - 3:30pm	Long Jump (Lower Pit)	Novice Girls

<u>Time</u>	<u>Event</u>	<u>Division</u>
11:00	Pole Vault	Novice/Junior Girls
After N/J Girls – EST. 1:30pm	Pole Vault	Senior Girls
After S Girls – EST. 3:00pm	Pole Vault	Novice/Junior/Senior Boys

<u>Time</u>	<u>Event</u>	<u>Division</u>
11:00am	Shot Put	Novice Girls
12:15am	Shot Put	Junior Girls
1:30pm	Shot Put	Senior Girls
2:45pm	Shot Put	Novice Boys
4:00pm	Shot Put	Junior Boys
5:30pm	Shot Put	Senior Boys

<u>Time</u>	<u>Event</u>	<u>Division</u>
10:30am	Javelin	Junior Boys
12:00pm	Javelin	Novice Boys
1:30pm	Javelin	Senior Boys
3:15pm	Javelin	Junior Girls
4:45pm	Javelin	Novice Girls
6:00pm	Javelin	Senior Girls