



# 2011 CHRISTMAS OPEN

University of Windsor  
St. Denis Athletic Centre  
Windsor, Ontario

Sunday, December 18, 2011

10:30am - 11:30am Post Registration

	<b>TRACK</b>		<b>FIELD</b>
<b>12:00pm</b>	1500m Timed Finals 60m H Heats 60m Heats 60m H Final 60m Final 400m Timed Finals 3000m Timed Final 800m Timed Finals 150m Timed Finals 200m Timed Finals	<b>10:00am</b>	Invitation Weight Throw
		<b>12:00pm</b>	Pole Vault - Women Long Jump Shot Put
		<b>2:30pm</b>	Pole Vault - Men  High Jump
		<b>3:00pm</b>	Triple Jump

(All events will be contested U16 Girls/Open Women/ U16 Boys/Open Men)

**Directions** St. Denis Centre is located at the corner of Huron Church Rd. and College Ave. (2555 College Ave. for your GPS)  
From Ontario take the 401 West to Huron Church and Huron Church to Ambassador Bridge – turn right onto College Ave, Stadium is on the right & McDonald's is on the left, turning just before entering the Ambassador Bridge.  
From the U.S. (via Ambassador Bridge) turn left at the first stop light off the bridge and Stadium is on the right hand side. You must have the current required proof of citizenship to enter Canada and again to re-enter the U.S.

**Entry Fee** \$ 10 for first event & \$5 for each additional event  
All athletes must be registered with their provincial/state track and field association.

\$ 20 per event for unattached athlete (\$10 insurance fee included)

Teams/Athletes are responsible for all entries submitted. The entry fee will be collected when you pick up the team package on the day of the meet.

Post entries will be accepted at \$ 20 per athlete per event on the day of the meet.

**Entries** Entry deadline is Thursday December 15<sup>th</sup> by 4:00 p.m.  
Email Hy-Tek entries to: lumley3@uwindsor.ca **-Preferred.**  
Entries forms are available upon request.  
The Hy-Tek Events File is available to download from our web site ([www.golancers.ca](http://www.golancers.ca)).

## Additional Information

Brett Lumley (519) 253-3000 x. 2423, lumley3@uwindsor.ca  
Fax: (519) 973-7058

## Make Cheques Payable To:

UNIVERSITY OF WINDSOR TRACK AND FIELD ALUMNI CLUB

**Ages:** There will be 2 divisions per gender:

- **U16** for boys & girls born in 1996 or later
- **Open** for athletes born in 1997 or earlier

**Seed Performances:** Ensure you have included accurate seed times which will allow for the running of fair sections in all races. Athletes without seed times will be placed in the slow sections.

**Hurdles:** the following hurdle specs will be conducted, no exceptions

Womens	60m Hurdles: 5 Hurdles at 0.762m, 12m to Hurdle 1, spaced at 8.00m
	60m Hurdles: 5 Hurdles at 0.762m, 13m to Hurdle 1, spaced at 8.50m
	60m Hurdles: 5 Hurdles at 0.840m, 13m to Hurdle 1, spaced at 8.50m
Mens	60m Hurdles: 5 Hurdles at 0.840m, 13m to Hurdle 1, spaced at 8.50m
	60m Hurdles: 5 Hurdles at 0.914m, 13.72m to Hurdle 1, spaced at 9.14m
	60m Hurdles: 5 Hurdles at 0.990m, 13.72m to Hurdle 1, spaced at 9.14m
	60m Hurdles: 5 Hurdles at 1.067m, 13.72m to Hurdle 1, spaced at 9.14m

**Shot Put:** the following specs will be conducted; athletes should bring their own implements to weighed into the competition

Womens	3kg, 4kg
Mens	4kg, 5kg, 6kg, 7.26kg

**Weight Throw:** Athletes wishing to compete in this event need to contact the meet director

**Facility:** All running surfaces including LJ/TJ runway, PV runway, and HJ surface are Mondo. The SP throwing circle is recessed cement. Locker and shower facilities are available but you must provide your own lock.



# *University of Windsor Christmas Open*

## **Records**

### **Women**

60m	Angella Issajenko	YUTC	7.37	1986
60mH	Angie Coon	Phoenix	8.18	1994
HS 60mH	Aries Seal	Swift	8.90	2000
200m	Chrystal Finlayson	USA	24.58	1995
400m	Julie Ford	MCTC	58.02	1994
800m	Stephanie Hirtle	Michigan	2:13.43	2001
1500m	Paula Schnurr	Etobicoke HS	4:17.78	1993
3000m	Rebecca Stallwood	West Virginia	9:41.48	2001
LJ	Candice Campbell	Univ of Toledo	6.04m	1994
TJ	Patricia Sylvester	UNA	12.58m	2010
HJ	Catharine Bond Mills	Woodstock Legion	1.72m	1988
PV	Alysha Newman	London Legion	3.70m	2010
SP	Melody Torcallaci	London Western	16.20m	1985
WT	Maggie Mullen	Sarnia ASW	19.53	2010

### **Men**

60m	Ben Johnson	YUTC	6.51	1986
60mH	John Owens	ASICS	7.87	1993
HS 60mH	Kenneth Ferguson	Motor City	8.08	2001
200m	Dave Tomlin	KWTC	21.87	1995
400m	Darnell Hall	AUTC	48.44	1995
800m	Mark Dailey	Eastern Michigan	1:53.00	1988
1500m	Harvey Mitro	Etobicoke HS	3:50.4	1985
3000m	Paul McMullen	Asics TC	8:11.16	1999
LJ	Sean Robbins	Pine Knob	7.63m	2001
TJ	Greg Jones	Etobicoke Huskies	14.30m	1999
HJ	Henry Patterson	Univ of Toledo	2.21m	1996
PV	Andy Miller	York University	5.10m	1999
SP	Brad Snyder	Windsor Legion TC	18.55m	1998
WT	Lance Montigny	University of Windsor	15.96m	2002

# *University of Windsor Christmas U16*

## **Records**

### **Girls**

60m	Tiarra Jones (82)	Swift Track Club	7.80	1996
150m	Sabrina Notarangelo (83)	Windsor Legion TC	19.00	1998
400m	Jennifer Lawson (83)	Metro Detroit Flames	1:00.90	1996
800m	Kelly Sampson (87)	Detroit Cheetahs	2:25.90	1999
1500m	Jacqueline Malette (86)	Windsor Legion TFC	5:04.17	2001
HJ	Shyla Cardy (97)	Niagara Olympic	1.68m	2010
LJ	Sarah Nelson (85)	Sarnia Athletics	5.07	1999
SP	Kelly Robinson (86)	Pine Knob	10.04m	2001

### **Boys**

60m	Shakir Edwards (86)	Maximum Output	7.16	2001
150m	Shakir Edwards (86)	Maximum Output	17.44	2001
400m	Vaughn Jennings-White (83)	Maximum Output TC	51.50	1998
800m	Blake Figgins (87)	Motor City Mumford	2:07.60	2002
1500m	Robert Gunn ()	Motor City Robinson	4:44.53	2002
HJ	JT Hunt (95)	Niagara Regional Athletics	1.90m	2010
LJ	Anton Wood (84)	Windsor Legion TFC	6.36m	1999
SP	Kyle Helf (86)	South Simcoe Dufferin	19.34m	2001