

2023 Onalaska Invite Track and Field Meet
May 9, 2022 4:00 pm Field Events – 4:15 pm Running Events
Onalaska High School's Track and Field Complex

Meet Entry: Online with MileSplit WI - <https://wi.milesplit.com>

Timing Service: AccuRace Timing - <http://www accuracetimeing.com>

Entry Deadline: Online entry will close **Monday, MAY 8th 8:00 pm. No exceptions!**

Entry Limitations: Five athletes per event and one relay

Scoring: No team scores will be kept.

Additional Information: Heats will be run slowest to fastest. All running events conducted as finals only. Athletes will be clerked for track events by their respective starting area. Please only 1/4 inch spikes will be allowed – no pins or Christmas trees. Team camps outside of the track – **no camps on the football field**. An athletic trainer will be on hand and located at the tent area by the finish line. Results will be available online at the conclusion of the meet.

3:30 pm Coaches Meeting: We will meet by the finish line tent. We ask all schools to send a representative to this meeting. We will take scratches at this meeting.

Field Events: The field events will begin at **4:00 pm**. We will establish the heights for the boys and girls high jump at the coaches meeting. For the boys and girls pole vault we will advance first two heights by 12 inches then 6 inches after. Starting heights for the pole vault will be 6 feet for girls and 8 feet for boys. Shot and discus will allow **four** throws no finals. Long jump and triple jump will be run as an **open pit** with **three** jumps no finals.

Running Events: All running events begin at **4:15 pm**. We will run slowest heat to fastest. There will be no prelims. Every race will be a finals only. We may combine the boys and girls 4 x 800's and the boys and girls 3200 if possible. Athletes will check in to get their hip numbers and then go to their respective starting lines to be clerked.

COACHES RELAY – We will have an open coaches 4 x 100 relay! This will be run just before the final event of the evening. This is a fun event to bring smiles to the faces of your athletes.

Concessions – Our athletic boosters will be grilling hot dogs and hamburgers! It will be a deal for a meal! Please let your parents know!

We are excited to host your teams! If you have any questions, please let me know. Thanks!

Darin Shepardson – OHS Track and Field
sheda@onalaskaschools.com
608-385-8754 (cell)

ORDER OF EVENTS

4:00 pm Field Events:

Long Jump B/G (open pit with 3 jumps no finals)

High Jump Girls (boys to follow)

Boys Pole Vault (girls to follow – starting height 8' boys, 6' girls, first two increases 12" then 6").

Boys Shot Put (girls to follow 3 throws no finals)

Girls Discus (boys to follow 3 throws no finals)

Triple Jump B/G (open pit with 3 jumps no finals – will begin 30 minutes at the conclusion of the LJ)

4:30 pm Track Events:

3200 Meter Relay - girls and boys maybe combined depending on # of relays

110/100 Hurdles

100 Meter Dash

1600 Meter Run

800 Meter Relay

400 Dash

400 Meter Relay

300 Intermediate Hurdles

800 Meter Run

200 Meter Dash

3200 Meter Run – girls and boys maybe combined depending on # of runners

**Coaches 4 x 100 - A Crowd Pleaser and Fun Event.

1600 Meter Relay

The schedule will roll but we will try to make sure we do not rush the meet.