

2023 Onalaska Open Track and Field Meet

April 25, 2022 - Onalaska High School's Track and Field Complex

Meet Entry: 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, April 24th at 8:00 pm. No exceptions!**

Entry Limitations: **Unlimited entries** for all individual running and field events except pole vault. Pole vault we will limit to **five** entries per school per gender. **Two** relays will be allowed for each team.

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 allowed – no pins or Christmas trees. Team camps outside of the track – no camps on the football field. An athletic trainer from Gundersen Health will be on hand and located at the tent area by the finish line. Results will be available online from AccuRace Timing at the conclusion of the meet.

3:30 pm Coaches Meeting: We will meet by the finish line tent. We will establish opening height for high jump, establish the games committee, and go over the procedures for the meet.

4:00 pm Field Events:

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

Triple Jump B/G (open pit with 3 jumps no finals – to begin 30 minutes after the long jump)

High Jump Girls (boys to follow – starting heights to be determined at coaches meeting)

Boys Pole Vault (girls to follow – starting height 8' boys – 6' girls. First two heights will be 12" then 6")

Boys Shot Put (girls to follow 4 throws no finals) Girls Discus (boys to follow 4 throws no finals)

4:15pm Track Events:

3200 Meter Relay (we may combine the girls and boys relays – we will discuss at coaches meeting)

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 (we may combine the girls and boys 3200 – we will discuss at the coaches meeting)

1600 Meter Relay

The schedule will roll but we will try to make sure we do not rush the meet. If you have any questions please contact me at 608-385-8754. Thanks! Darin Shepardson - Onalaska Track and Field