

2024 Onalaska Open Track and Field Meet

April 23, 2024 - 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 22nd at 12:00 NOON. 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 run slowest to fastest. All running events as finals only. Athletes will be clerked for track events at their starting areas. Please only 1/4 inch spikes – 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 at the tent area by the finish line. Results will be available online from AccuRace Timing throughout the meet.

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

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)

4:15 pm Track Events:

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

1600 Meter Relay

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

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 after the LJ)

4:30 pm Track Events:

3200 Meter Relay - girls and boys may be 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 may be combined depending on # of runners

1600 Meter Relay

The schedule will roll but we will not rush the meet.