

2015 Onalaska Invite Track and Field Meet
April 28, 2015 4:00pm
Onalaska High School's Track and Field Complex

Competing Teams: Aquinas, Central, Holmen, Luther, and Onalaska

Meet Entry: Online with DirectAthletics at: www.directathletics.com

Entry Deadline: Online entry will close **Monday at 12:00 noon. No exceptions!**

Entry Limitations: Unlimited entries for all individual running and field events. 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 will be 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 on line at the conclusion of the meet.

3:30pm 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.

4:00pm Field Events: Long Jump B/G (open pit with 3 jumps no finals)
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)
Boys Shot Put (girls to follow 4 throws no finals)
Girls Discus (boys to follow 4 throws no finals)
Triple Jump B/G (open pit with 3 jumps no finals)
– to begin at the conclusion of the LJ)

4:15pm Track Events: 3200 Meter Relay
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
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

