

2024 Onalaska Invite Track and Field Meet
Tuesday, May 7, 2024
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 6th at 12 NOON. No exceptions!**

Entry Limitations: **Five** athletes per event and **one** relay

Scoring: No team scores will be kept.

Additional Information: Heats will be run from slowest to fastest. All running events are conducted as finals only. Athletes will be clerked for track events by their respective starting areas. 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**. A Gundersen athletic trainer will be at the tent area by the finish line. Results will be available online throughout the meet.

Coaches Meeting: We will meet by the finish line tent at 3:30 pm. 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**. Opening heights for the girl's and boy's high jump will be established 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. The 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 the slowest heat to the fastest. There will be no prelims. Every race will be 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 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 of 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
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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)

4:15 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

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

1600 Meter Relay

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