

**West Salem Track Invitational**  
**West Salem High School**  
**Tuesday, May 18, 2021**

**Schools:** Arcadia, Black River Falls, G-E-T, Luther, Viroqua, West Salem, Westby

**AccuRace Timing Entries due by Monday, May 17th @ 7:00PM**

**Start Times:** Coaches Meeting 4:00 PM  
- Games Committee: West Salem, Viroqua, Westby  
- Field Events / 3200 Relay 4:30 PM

**Entries:**

- Four (4) individuals per event; two (2) relay teams
- Entries due no later than Monday, May 17th @ 7PM
- We will be using AccuRace Timing – Please log into the website MileSplit at [wi.milesplit.com](http://wi.milesplit.com). Complete the online registration.
- There may be replacements, but NO additional entries, during the Coaches Meeting.

**Events:**

- Athletes will be allowed four (4) jumps/throws, no finals
- High jump: Starting height will be determined by entries
- Pole Vault: Starting height will be determined by entries
- Jumps will be cafeteria style

**Order of Field Events:**

High Jump	Girls <b>TBD</b> , followed by Boys <b>TBD</b>
Long Jump	Girls (4:30-6:00), followed by Boys (6:00-7:30)
Shot Put	Girls, followed by Boys
Triple Jump	Boys (4:30-6:00), followed by Girls (6:00-7:30)
Discus	Boys, followed by Girls
Pole Vault	Boys <b>TBD</b> , followed by Girls <b>TBD</b>

**Scoring:** Individual and Relays  
10-8-6-5-4-3-2-1  
Only the highest placing relay team will be scored  
Only 3 individuals of the same team in each event will be scored.

**Officials:** Kenneth Hall and Alan Suchla

**Other Info:** There will be a concession stand (Limited amount of pork sandwiches and then hot dogs)  
ONLY chalk allowed on the track - NO TAPE  
1/4" pyramid spikes only PLEASE  
Team camps immediately behind the stadium. If too crowded, then either the softball field outside the stadium, or around the perimeter of the north side of the track (high school side). No camps on the infield.

**Questions:** Call Ryan Olson, West Salem High School Athletic Director – 608-786-1220 ext 2353

**COVID 19 Procedures:** The following procedures MUST be followed. Before Arriving: Participating schools MUST prescreen all athletes and coaches before arriving. ANY athlete or coach with a temp of 100.4 or above should NOT be allowed to travel and will NOT be allowed on site. At Arrival: Schools must submit their WIAA COVID-19 - COACH/ATHLETE SYMPTOM CHECKLIST VERIFICATION FORM 2020-2021 when they arrive at the host site. Here is a link to that form:

<https://www.wiaawi.org/Portals/0/PDF/Health/Covid/WIAA-Event-Requirements-Screening.pdf> During The Meet: All athletes MUST wear a mask at all times (including in their team camps) EXCEPT while warming up for their respective events and or while competing. All coaches MUST wear a mask at all times. Only Coaches and athletes will be allowed in the competition areas. During warm ups athletes should socially distance themselves from athletes from other schools. Spectators should also practice social distancing while in the stands or while watching a field event. Spectators who have not been fully vaccinated should wear masks at all times. Athletes will not share equipment with athletes from other schools. Schools will bring their own relay batons, pole vault poles, and throwing implements. Starting blocks will be provided by the host school. Each event area will have a COVID station with hand sanitizer for participants to use?

## **Order of Running Events**

4:30 –

Girls 4x800 Relay

Boys 4x800 Relay

Girls 100 Dash Trials

Boys 100 Dash Trials

Girls 100 Hurdle Trials

Boys 110 Hurdle Trials

(15 Minute Break)

Girls 100 Hurdle Finals

Boys 110 Hurdle Finals

Girls 100 Dash Finals

Boys 100 Dash Finals

Girls 1600 Run

Boys 1600 Run

Girls 4x200 Relay

Boys 4x200 Relay

Girls 400 Dash

Boys 400 Dash

Girls 4x100 Relay

Boys 4x100 Relay

Girls 300 Hurdles

Boys 300 Hurdles

Girls 800 Run

Boys 800 Run

Girls 200 Dash

Boys 200 Dash

Girls 3200 Run

Boys 3200 Run

Girls 4x400 Relay

Boys 4x400 Relay