

**Osceola MBC Quad**  
**Thursday, May 27, 2021**

**Meet Schedule**

**Teams:** Prescott, St. Croix Central, Somerset, and Osceola

**3:15 Coaches meeting @ finish line**

**3:45 Field Events Begin**

High Jump-Girls

Shot Put-Girls

Triple Jump Open Pit- Boys & Girls

Pole Vault-Boys

Discus-Boys

Long Jump Open Pit- Boys & Girls

*\*Boys High Jump, Boys Shot Put, Girls Discus, and Girls Pole Vault will be allowed approx. a 20 minute warm-up following the completion of the first field events.*

**4:30 Running Events Begin (All running events are FINALS)**

4x800 Relay (combined boys and girls)

100/110m Hurdles

100m Dash

1600m Run

4x200 Relay

400m Dash

4x100 Relay

300m Hurdles

800m Run

200m Dash

3200m Run (combined boys and girls)

4x400 Relay

**Opening Heights: Will be determined at coaches meeting**

**Jumps/Throws:** 4 throws/jumps, all finals

**Exchange Zones:** (1+ coach from each school should be present at the assigned zone)

**800m relay: 1st and 3rd: Osceola and Somerset**

**400m relay: 1st: St. Croix Central**

**2nd: Osceola**

**3rd: Prescott**

**Entries:** Teams are allowed unlimited entries in all events All entries are due by **5/26 @ 8:00pm**. All entries can be done online at [wi.milesplit.com](http://wi.milesplit.com)

**Spikes:** ¼ inch spikes on all surfaces. NO SPIKES SHOULD BE USED ON THE TURF.

**Please use tape (not provided) for marking the track/runways**

**Concessions:** Concessions will be available

**Parking:** **\*\*Buses can drop off and park on the road by the softball fields.\*\***

**Team Camps:** NO team camps inside the track. There should be enough room near the fence on the softball field side (SOUTH) of the track. Please put camps close to the fence. Please clean up your team camps upon completion of the meet.

**Clerk of Course:** The meet clerk will be located at the 100-meter starting line.

Theresa Ellefson – Head Girls Coach

[ellefson@osceolak12.org](mailto:ellefson@osceolak12.org)

Rick Stewart—Head Boys Coach

[stewartr@osceolak12.org](mailto:stewartr@osceolak12.org)

Please respect our facility and share these rules with your coaches and athletes.

## **Track and Turf Rules and Regulations:**

- **No Sunflower seeds**
- **No Chewing Gum**
- **No Chewing Tobacco**
- **No fireworks or open flames**
- **No Spitting**
- **No Glass Bottles or Sharp Objects**
- **No Beverages other than water (if something spills on the field, do not attempt to clean it up - contact an school employee to report a spill)**
- **No Pets or Farm animals Allowed**
- **No Bikes, Skateboards, Scooters, Roller Blades or Other Wheeled Vehicles**
- **No Golfing**
- **No Climbing or Hanging From Goal Posts or Field Equipment**
- **No Spikes or Metal Cleats on the Synthetic Field (Rubber Molded Cleats or Sneakers Only)**
- **1/4" or Shorter Track Spikes Only On the Rubber Track**
- **Freestanding Markers & Field Equipment Only (No Driving Stakes)**
- **Please Use Trash Receptacles**
- **No chairs unless pre approved by maintenance staff.**

### **COVID Considerations**

- Masks are strongly encouraged to be worn outside when athletes and coaches are unable to maintain social distancing.
- If sharing an implement, please disinfect your hands between uses. Sanitizer bottles will be present at each field event, and we strongly encourage athletes to sanitize between attempts.
- Please discourage congregating upon arrival to the field, inside team tents, prior to warm-ups, and immediately following the race/event.
- All athletes and coaches are prohibited from spitting, nose clearing and must cover coughs.
- Osceola School District mandates all individuals that enter the school building must have on a facial covering. If entering one of our buildings please respect our guidelines.

**Thank you**  
**Osceola School District**