

ONALASKA LAST CHANCE MEET
June 8th, 2021 4:00 pm Field Events – 4:30 pm Running Events
Onalaska High School's Track and Field Complex

Hello AD's/Coaches – We are hosting this last chance meet to provide an opportunity for student-athletes to get on final effort in before the WIAA series meets begin. This meet may be perfect for those teams looking to better a performance heading into the Regional track and field meets. Here is the information for the meet. We will also add a few specialty relays into this meet for school record opportunities.

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 June 7th at 12:00 noon. No exceptions!**

Entry Limitations: Three athletes per event and one relay

Scoring: No team scores will be kept.

COVID 19 Procedures: The following procedures MUST be followed. The School District of Onalaska reserves the right to add additional restrictions if necessary to assure the health of all participants, coaches, and spectators.

Before Arriving: Participating schools MUST pre-screen 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: Masks are not required but encouraged – especially if you cannot socially distance yourself.

School team camps should be spread out around the facility to assure that athletes from different schools are not in close contact. Spectators should also practice social distancing while in the stands or while watching a field event. Only Coaches and athletes will be allowed in the roped off competition areas. During warm ups athletes should socially distance themselves from athletes from other schools.

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 will be on hand and located at the tent area by the finish line. Results will be available online at the conclusion of the meet.

3:30 pm 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.

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 to 6").

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 – will begin 30 minutes at the conclusion of the LJ)

4:30 pm Track Events:

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

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.

Darin Shepardson - Onalaska Track and Field