



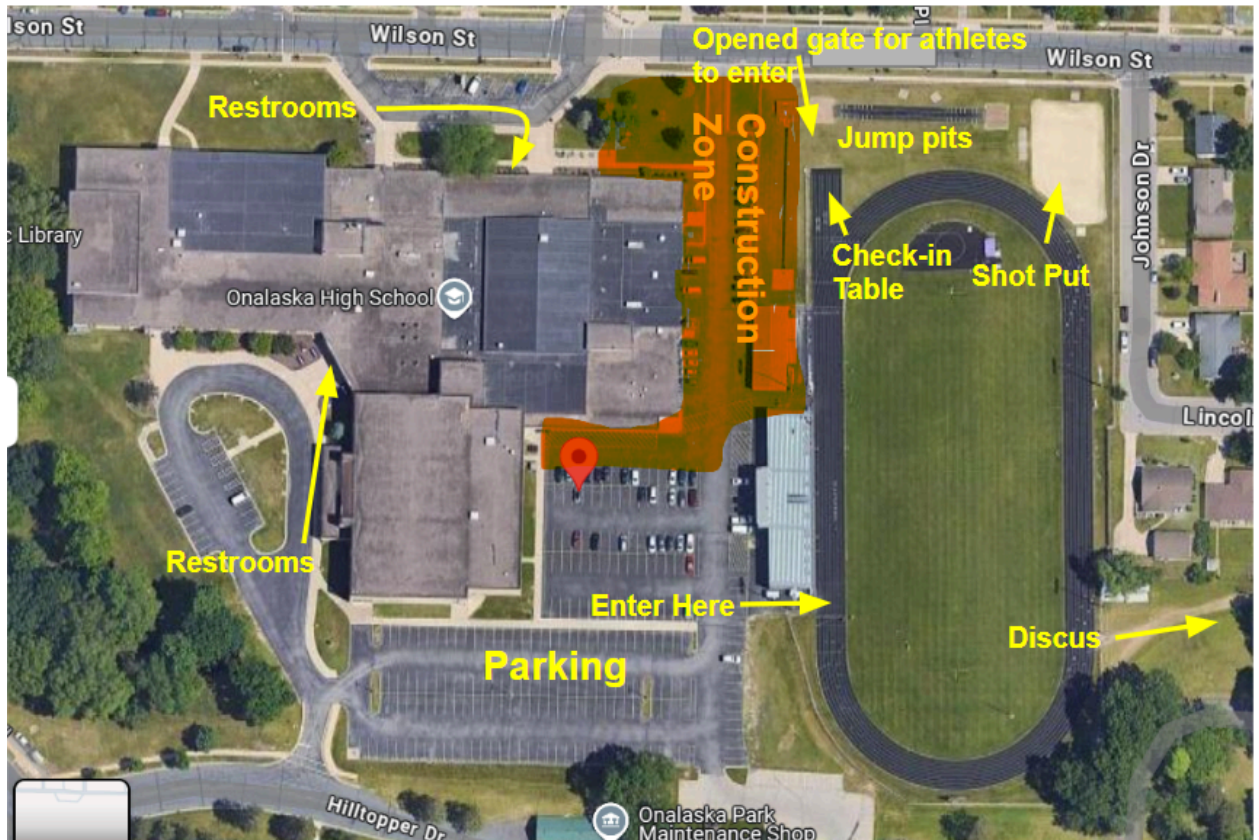
Onalaska Track & Field Meet
Thursday April 10th, 2025
Meet Site: Onalaska High school
Meet Starting Time: 4:15pm



Schools: Aquinas, Holmen, Westby

Welcome to Onalaska for our Track & Field meet this evening. Just some reminders as you arrive at the meet.

- The meet will be run at Onalaska High School, 700 Hilltopper Dr, Onalaska, WI 54650. Parking is limited in some areas due to construction. Buses can enter through the entrance from Hilltopper drive and proceed into the south lot. See the map below to gain entrance into the field and parking for busing. **There is a lot of construction equipment and materials so please be careful as you enter the parking lot!!!**



- Coaches meeting at 3:45pm. Field events will start at 4:15pm, running events at 4:30pm. Girls will compete first followed by boys.
 - Both Boys and Girls long jump will go from 4:15 - 5:30pm. We'll be using one pit for boys, one pit for girls and adjust accordingly. Triple Jumpers (both boys and girls) will go from 5:30pm to 6:45pm.

- There are unlimited (within reason) entries in all events except please no more than 4 entries in the high jump. Please find the Onalaska coaches as soon as you get to the meet to make any changes necessary.
- All events are final
- Athletes will have 3 attempts in the long jump, triple jump, shot put and discus
- We will be having a boys and girls shot ring, discus ring, LJ pit, TJ pit and a HJ pit
- Athletes may use 1/4 inch spikes or smaller
- **Teams need to register their teams on athletic.net. Deadline for event entries will be at noon on April 9th.**
- Timing: AccuRace Timing. Live results will be streamed throughout the races. **Results will be posted on <http://www accuracetimeing.com/> at the conclusion of the meet.**
- The results will be emailed to each coach no later than 8:00am the next morning. **Coaches please be sure to get your email address to the Onalaska coaches** to assure that the results are sent to you in a speedy fashion.
- Team camps can be located in the stands, or along the south side of the field. Trash bins are spaced out for easy clean up. Thanks for helping to keep this facility clean.
- Restrooms are available in the high school. You'll have to walk to the front or back entrance of the high school to use the restroom.
- Please have athletes bring their own water and extra clothes if it's chilling. Notify your athletes of the construction. There is a lot of equipment and materials near the track

We are excited to host this meet and hopefully all athletes, coaches and spectators will enjoy the evening. If you have any questions please contact me at levsc@onalaskaschools.com.

See you all Thursday!

Scott Levensgood

Head Coach

Brandon King

Asst. Coach

Rachel Baumgart

Asst. Coach

TJ Mickschl

Asst. Coach

100m Hurdles

100m Dash

1600m

4x200m Relay

400m Run

4x100m Relay

200m Hurdles

800m Run

200m Dash

4x400m Relay

Shot Put

Discus

Long Jump

Triple Jump

High Jump