

# West Salem High School

490 N. Mark Street  
West Salem, WI 54669  
www.wsalem.k12.wi.us  
Phone: (608) 786-1220  
Fax: (608) 786-1273

**Serving with Passion**



*Cody Braun, Associate Principal  
Ryan Olson, , Athletic Director*

*Justin Jehn, Principal*

*Julie Arentz, School Counselor  
Abby Kemp, School Counselor*

## **To: ATHLETIC DIRECTORS AND HEAD TRACK COACHES**

**From:** Ryan Olson, Athletic Director

**Subject:** MVC/Coulee Track Invite

**Date:** 4/15/25

Welcome to the 2025 MVC/Coulee Track Invitational! You should find all the information necessary to answer your questions with this email. We look forward to seeing you on April 15th, at West Salem High School. The field events will start at 4:00 PM. Running events will begin at 4:30 PM. Please do not hesitate to call the Activities Office if you have any questions. Thank you!

There are a few important points for this meet:

- You may enter **THREE** athletes per event and **ONE** relay team per relay event. Boys pole vault will run 1st followed by the Girls.
- The Coaches Meeting will take place at 3:30 PM in front of the brick storage building at the north end of the track near the start of the 100 M Dash
- AccuRace will be timing all events
- SCORING: 10-8-6-5-4-3-2-1
- Athletes may use ¼ inch spikes or smaller
- ENTRY FEE: \$230 Total – \$115 per gender
- SCHOOLS ATTENDING: Aquinas, Arcadia, Black River Falls, GET, Holmen, La Crosse Central, Onalaska, Onalaska Luther,PDC, Tomah, Viroqua, West Salem, Westby

**ONLINE ENTRY FORMS WILL BE AVAILABLE SOON and OPEN UNTIL NOON ON MONDAY, APRIL 14th**

Entries can be put in through [Athletic.net](https://athletic.net)

**#WeAreWS**

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Field Events – 4:00 PM

## **High Jump**

- One high jump pit. Starting heights will be set at the Coaches' Meeting.
- Boys's High Jump beginning at 4:00, Girls to follow after completing Boys

## **Long Jump & Triple Jump**

We will have open pits from 4:00pm to 7:00pm

There will be one pit for Triple jump and one pit for Long Jump

## **Shot & Discus**

- 4 throws, no finals; one throw at a time, then move through the order within your flight, last throw must be made before the end of time limit for each group.
- Girl's Discus / Boy's Shot – 4:00-5:30 p.m. (Approximate times, throw until completion)
- ½ hour warm-up;
- Boys Discus / Girl's Shot – 6:00-7:30 p.m. (Approximate times, throw until completion)

## **Pole Vault** (Starting heights will be set at the Coaches' Meeting)

- Girl's pole vault will be first, 4:00 P.M. followed by the boy's pole vault.
- Boys normally start at 8 feet, increasing by 1 foot to 9 feet, then increase by 6-inch increments
- Girls normally start at 6 feet and will increase by 1 foot to 7 feet, then will increase by 6-inch increments

## **Running Finals – 4:30**

- |                               |                                       |
|-------------------------------|---------------------------------------|
| 1. Girls – 3200 M Relay       | 13. Girls – 400 M Relay               |
| 2. Boys – 3200 M Relay        | 14. Boys – 400 M Relay                |
| 3. Girls – 100 M High Hurdles | 15. Girls – 300 M Low Hurdles         |
| 4. Boys – 110 M High Hurdles  | 16. Boys – 300 M Intermediate Hurdles |
| 5. Girls – 100 M Dash         | 17. Girls – 800 M Run                 |
| 6. Boys – 100 M Dash          | 18. Boys – 800 M Run                  |
| 7. Girls – 1600 M Run         | 19. Girls – 200 M Dash                |
| 8. Boys – 1600 M Run          | 20. Boys – 200 M Dash                 |
| 9. Girls – 800 M Relay        | 21. Girls – 3200 M Run                |
| 10. Boys – 800 M Relay        | 22. Boys – 3200 M Run                 |
| 11. Girls – 400 M Dash        | 23. Girls – 1600 M Relay              |
| 12. Boys – 400 M Dash         | 24. Boys – 1600 M Relay               |

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