

Lourdes Academy 2024 State Track Meet Information

LaCrosse has Rode Construction

Coach Tim's Contact Information:

Cell Phone: 920.379.4835

Athletes Traveling: 14 Athletes.

Need to know information:

- 1) We are the 1st session on Friday this year (Division 2 & 3); Running events start at 9.30am. Our first running event will be 4x800M Relay, followed by 4x200M Relay, 300MH, 4x400M Relay. All are Trials on FRIDAY.
- 2) There is NO reserved seating – 1st come first served. Parents want to be at the gate early to make certain you get prime spots as a group. Don't think finish line – **think podium pictures when you are choosing a spot.** There is a large Lourdes group in the lower grand stands in front of the podium.
- 3) BRING SUN SCREEN and rain PONCHO!
- 4) Sitting is expected so others can see behind you.
- 5) Saturday starts at **10:00am**, all divisions are together on Saturday. You need to be at the gate around 8:40am-ish with coffee to secure the early seating spots.

Coach Agenda:

Thursday: Departure 10:15am from Lourdes, Lunch on the road (student pay or bring sack lunch)

Check in UWL – 2pm

Group Run

Dinner – Nice, relaxed dinning at Coach Moore's Favorite Secret Spot.

7:00pm – We will be at the entrance of the stadium under the flag so parents join their athlete and check out the stadium (if desired)..

8:30pm – In the Hall for Bed

Friday: AM – we will be at the meet with team camp by 8:00am

5:00pm Dinner. *We will Cater Dinner to Polly's Air BnB at (1602 Ferry Street, LaCrosse).*

Parents and friends are welcome.

Saturday: 9:55am Opening Ceremony (10:00am Running Events Start) 4x800 Starts off the Day at 10am. ALL Finals to follow.

T-Shirts:

State long sleeve grey T-Shirts were ordered in several sizes. XS, S, M, L, XL. 2XL, 3XL.

They have 2025 State Track & Field designed on the front and all qualifiers listed on the back.

I will reserve them for all State athletes - then 1st come first serve for State families. Cost is \$30.

We will have them on Thursday and Friday.

Tickets (Online Only), State Program, Timeline, Heat Sheets, Pictures, LiveStream Info are all at the WIAAWI.org website under track and field tournament.

Odd Year State Track & Field Meet

ORDER OF EVENTS AND TIME SCHEDULE

Friday

Divisions 2 & 3 Schedule

7:30 a.m. – 9:30 a.m. Divisions 2 and 3 - Coaches and athletes may check in implements (Discus and Shots), which will be used in Friday's competition
 7:30 a.m. Coaches may pick up team envelopes
 7:45 a.m. – 8:15 a.m. Wheelchair warm-ups
 8:30 a.m. Stadium open for warm-ups. Division 1 coaches may pick up team envelopes
 9:20 a.m. Opening Ceremonies

FIELD EVENTS

9:30 a.m. Discus Division 3 Girls (Discus #1)
 Discus Division 2 Girls begin warm-up immediately after completion of Division 3 Girls (Discus #1)
 9:30 a.m. High Jump Division 2 Boys (West)
 High Jump Division 3 Boys (East)
 9:30 a.m. Long Jump Division 3 Boys (Pit # TBD)
 Long Jump Division 2 Boys begin warm-up immediately after completion of Division 3 Boys (Pit # TBD)
 9:30 a.m. Shot Put Division 2 Boys (Shot Put #1)
 Shot Put Division 3 Boys begin warm-up immediately after completion of Division 2 Boys (Shot Put #1)
 Shot Put Coed Wheelchair/Seated to follow Division 3 Boys (Shot Put #1)
 9:30 a.m. Triple Jump Division 2 Girls (Pit # TBD)
 Triple Jump Division 3 Girls (Begin warm-up immediately after completion of Division 2)
 9:45 a.m. Pole Vault Division 2 Girls (Middle)
 9:45 a.m. Pole Vault Division 3 Girls (North or South)
Note: Warm-ups – (a) 45 minute break (30 minute break – shot put and discus) between groups, (b) the final 20 minutes (10 minutes – shot put and discus) of the general warm-up are exclusively for athletes in the first flight, (c) 15 minutes of warm-ups between flights, and (d) 10 minutes of warm-ups between trials and finals.

All Running Events Start At 9:30 a.m.

There is no precise time schedule. The first race will begin at 9:30 a.m., and the competition will proceed as indicated in the order of events.

3200 Meter Relay – Divisions 3/2 Girls
 800 Meter Coed Wheelchair
 100/110 Meter High Hurdles – Divisions 3/2 Girls/Boys
 100 Meter Dash – Divisions 3/2 Girls/Boys
 1600 Meter Run – Divisions 3/2 Boys
 800 Meter Relay – Divisions 3/2 Girls/Boys
 400 Meter Dash – Divisions 3/2 Girls/Boys
 400 Meter Relay – Divisions 3/2 Girls/Boys
 300 Meter Hurdles – Divisions 3/2 Girls/Boys
 800 Meter Run – Divisions 3/2 Boys
 200 Meter Dash – Divisions 3/2 Girls/Boys
 3200 Meter Run – Divisions 3/2 Girls
 1600 Meter Relay – Divisions 3/2 Girls/Boys

Division 1 Schedule

1 p.m. – 3:30 p.m. Division 1 - Coaches and athletes may check in implements (Discus and Shots), which will be used in Friday's competition
 8:30 a.m. Coaches may pick up team envelopes
 3:30 p.m. Stadium open for warm-ups
 4:20 p.m. Opening Ceremonies

FIELD EVENTS

4:30 p.m. Discus Girls (Discus #1)
 4:30 p.m. High Jump Boys (Pit # TBD)
 4:30 p.m. Long Jump Boys (Pit # TBD)
 4:30 p.m. Triple Jump Girls (Pit # TBD)
 5 p.m. Pole Vault Girls (Middle)
 6 p.m. Shot Put Boys (Shot Put #1)
Note: Warm-ups – (a) 45 minute break (30 minute break – shot put and discus) between groups, (b) the final 20 minutes (10 minutes – shot put and discus) of the general warm-up are exclusively for athletes in the first flight, (c) 15 minutes of warm-ups between flights, and (d) 10 minutes of warm-ups between trials and finals.

All Running Events Start At 4:30 p.m.

3200 Meter Relay – Girls
 100/110 Meter High Hurdles – Girls/Boys
 100 Meter Dash – Girls/Boys
 1600 Meter Run – Boys
 800 Meter Relay – Girls/Boys
 400 Meter Dash – Girls/Boys
 400 Meter Relay – Girls/Boys
 300 Meter Hurdles – Girls/Boys
 800 Meter Run – Boys
 200 Meter Dash – Girls/Boys
 3200 Meter Run – Girls
 1600 Meter Relay - Girls/Boys

Saturday

7:15 a.m. – 10:30 a.m. Coaches and athletes may check in implements (Discus and Shots), which will be used in Saturday's competition
 7:30 a.m. – 8 a.m. Wheelchair warm-ups (only)
 8 a.m. Coaches may pick up team envelopes
 8 a.m. Stadium open for warm-ups
 9:55 a.m. Opening Ceremonies

FIELD EVENTS

9:30 a.m. Discus Division 3 Boys (Discus #1)
 Discus Division 2 Boys begin warm-up immediately after completion of Division 3 Boys (Discus #1)
 Discus Division 1 Boys begin warm-up immediately after completion of Division 2 Boys (Discus #1)
 10 a.m. High Jump Division 2 Girls (East)
 High Jump Division 3 Girls (West)
 High Jump Division 1 Girls begin warm-up immediately after completion of Divisions 2 & 3 Girls
 10 a.m. Long Jump Division 1 Girls (Pit #1)
 10 a.m. Long Jump Division 3 Girls (Pit #4)
 Long Jump Division 2 Girls begin warm-up immediately after completion of Division 3 Girls (Pit #4)
 10 a.m. Pole Vault Division 1 Boys (Middle)
 10 a.m. Pole Vault Division 3 Boys (North or South)
 Pole Vault Division 2 Boys begin warm-up immediately after completion of Division 3 Boys
 10 a.m. Shot Put Division 1 Girls (Shot Put #1)
 Shot Put Division 3 Girls begin warm-up immediately after completion of Division 1 Girls (Shot Put #1)
 Shot Put Division 2 Girls begin warm-up immediately after completion of Division 3 Girls (Shot Put #1)
 10 a.m. Triple Jump Division 1 Boys (Pit #2)
 10 a.m. Triple Jump Division 2 Boys (Pit #3)
 Triple Jump Division 3 Boys begin warm-up immediately after completion of Division 2 Boys (Pit #3)

Note: Warm-ups – (a) 45 minute break (30 minute break – shot put and discus) between groups, (b) the final 20 minutes (10 minutes – shot put and discus) of the general warm-up are exclusively for athletes in the first flight, (c) 15 minutes of warm-ups between flights, and (d) 10 minutes of warm-ups between trials and finals.

All Running Events Start at 10 a.m.

There is no precise time schedule.

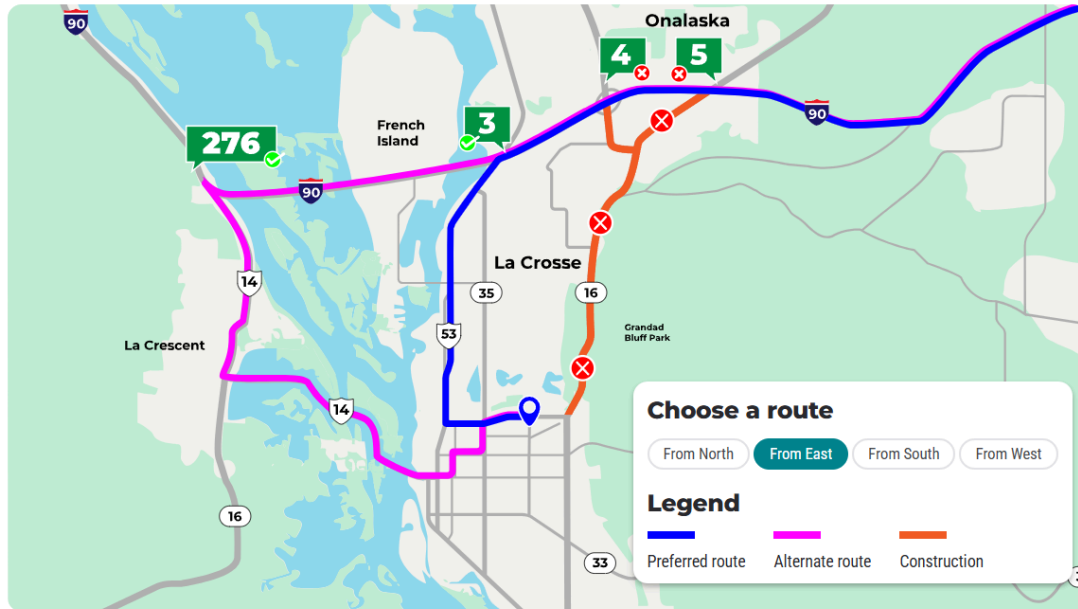
The competition will proceed as indicated in the order of events.

3200 Meter Relay – Boys
 100 Meter High Hurdles – Girls
 110 Meter High Hurdles – Boys
 100 Meter Coed Wheelchair
 100 Meter Dash – Girls
 100 Meter Dash – Boys
 1600 Meter Coed Wheelchair
 1600 Meter Run – Girls
 800 Meter Relay – Girls
 800 Meter Relay – Boys
 400 Meter Coed Wheelchair
 400 Meter Dash – Girls
 400 Meter Dash – Boys
 400 Meter Relay – Girls
 400 Meter Relay – Boys
 300 Meter Low Hurdles – Girls
 300 Meter Intermediate Hurdles – Boys
 800 Meter Run – Girls
 200 Meter Dash – Girls
 200 Meter Dash – Boys
 3200 Meter Run – Boys
 1600 Meter Relay – Girls
 1600 Meter Relay – Boys

- Note: (1) All finals on Saturday are to be in this order – Division 3, Division 2, then Division 1.
 (2) If high temperatures and/or high humidity occurs, the WIAA with the advice of the State Meet medical personnel may revise the track schedule to have the 3200 meter run be the last event on both Friday and Saturday.
 (3) 1600 meter run for Division 1 will be run in two sections. In Divisions 2 and 3 there will be one section.
 (4) 3200 meter run for all divisions will be run in one section (per division).
 (5) 3200 meter relay for all divisions will be run in two sections with timed finals.
 (6) 800 meter run for all divisions will be run in two sections, regardless of the number of athletes competing, with timed finals.*



Stadium Directions: LaCrosse HAS CONSTRUCTION - PLEASE do not go the normal exit!



From the west

Preferred route

Exit Interstate I-90 at Exit 3 onto US 53 South. Drive 3.9 miles and turn left on La Crosse Street; continue for 1.1 miles and turn right to Campus.

Alternate route

Exit 276 (14 East/61 South La Crescent)

- Take Cass St. to 7th St. (roundabout)
- Take 3rd exit in roundabout onto 7th St.
- Take right onto Main St.
- Take left onto West Ave.
- Take right onto La Crosse St.

From the north

Preferred route

Exit Interstate I-90 at Exit 3 onto US 53 South. Drive 3.9 miles and turn left on La Crosse Street; continue for 1.1 miles and turn right to Campus.

Alternate route

Exit 276 (14 East/61 South La Crescent)

- Take Cass St. to 7th St. (roundabout)
- Take 3rd exit in roundabout onto 7th St.
- Take right onto Main St.
- Take left onto West Ave.
- Take right onto La Crosse St.

From the east

Preferred route

Exit Interstate I-90 at Exit 3 onto US 53 South. Drive 3.9 miles and turn left on La Crosse Street; continue for 1.1 miles and turn right to Campus.

Alternate route

Exit 276 (14 East/61 South La Crescent)

- Take Cass St. to 7th St. (roundabout)
- Take 3rd exit in roundabout onto 7th St.
- Take right onto Main St.
- Take left onto West Ave.
- Take right onto La Crosse St.

From the south

Preferred route

Highway 14, 16, and 35 enter the city on the south. Follow the green "UW-La Crosse" signs north on Losey Boulevard to Highway 16 (3.0 miles).

- Turn left on Main St.
- Take right on West Ave.
- Take right on La Crosse St.

State Track Facility



Have Fun and Enjoy the Experience!