

West Salem Middle School Track Schedule 2025

<u>Date</u>	<u>Time</u>	<u>Location</u>	<u>Schools Attending</u>
April 10 (Thursday)	4:00	West Salem	Logan, Longfellow, Sparta
April 15 (Tuesday)	4:15	Westby High	Westby, Logan
April 22 (Tuesday)	4:00	Central High	Longfellow, Winona
May 1 (Thursday)	4:30	Winona (Paul Giel Field)	Winona, Holmen
May 6 (Tuesday)	4:30	Tomah High	Tomah, Holmen, Onalaska
May 12 (Monday)	4:30	West Salem	Longfellow, Tomah
*May 16 (Friday)	4:30	Sparta High	conference

*This is a limited entry meet. Information about participating will be shared after more information is available to coaches.

Order of Events at Meets

(girls - first, boys - second)

100 meter low hurdles

100 meter dash

1600 meter run

4 x 200 meter relay

400 meter dash

4 x 100 meter relay

200 hurdles

800 meter run

200 meter dash

4 x 400 meter relay

high jump - start at 3'6 for girls and 4'0 for boys

long jump

triple jump

shot put

discus

Your athlete is reminded to bring the following to every meet:

- uniform (jersey provided for all; shorts available if desired)
 - sweats/warm-up clothes (regardless of temperature)
 - running shoes - training shoes and spikes (if desired)
 - food and drink as desired