

43rd ANNUAL DAN BENSON INVITATIONAL

WHO: Varsity

WHEN: Friday, April 26, 2024

WHERE: Wauwatosa West High School

TEAMS: Brown Deer, Burlington, DSHA, Greendale, MUHS, Menomonee Falls, Oak Creek, Shorewood, Tosa East, Tosa West, Whitefish Bay.

TIME: 3:30 pm – Field Events 4:00 pm – Running Events

BUS LEAVES: 1:45 pm **BUS RETURNS:** around 9:00 pm

EXCUSED FROM CLASS: 1:31 pm

ORDER OF EVENTS: on back

MEET PROCEDURES: Upon arrival, run 4 x 50/100.
Warm-up with teammates in same events.
Know when you compete - check order of events.
Make sure you have all of your equipment.
Be sure to show support for your teammates.
Make sure you stretch after your final event.
Report any injuries to a coach immediately.
Be prepared to sub for an injured teammate.
After last event, everyone runs 4 x 50/100.

EATING PROCEDURES: Eat a good breakfast
Bring fruit to eat at the meet.

CLEAN – UP: Make sure you collect all of your equipment
Hold equipment for a teammate who is competing.
Make sure you clean up our area before we leave

AWARDS: Medals to the top six competitors in ind. events; Top three relays.

ADMISSION: \$5.00 – Adults & \$2.00 – Seniors. **Must purchase tickets on line.**
<https://tosawesttrojans.com/event-tickets>

**POSITIVE THINKING SEES THE INVISIBLE,
FEELS THE INTANGIBLE,
AND CAN ACHIEVE THE IMPOSSIBLE!!!**

ORDER OF FIELD EVENTS:

Shot Put – G/B

Discus – B/G

Long Jump – G/B

Triple Jump – B/G

High Jump – B/G

Pole Vault – G/B

ORDER OF EVENTS (tentative time schedule)

4:00 4 X 800 m. Relay

4:25 100 m. Dash

4:40 100 m. High Hurdles

4:50 110 m. High Hurdles

5:05 1600 m. Run

5:25 4 x 200 m. Relay

5:45 400 m. Dash Wheelchair

5:50 400 m. Dash

6:10 4 x 100 m. Relay

6:30 300 m. Hurdles

6:55 800 m. Run

7:10 800 m. Run Wheelchair

7:20 200 m. Dash

7:40 3200 m. Run

8:10 4 x 400 m. Relay