

## 42nd ANNUAL DAN BENSON INVITATIONAL

- WHO:** Varsity
- WHEN:** Friday, April 28, 2023
- WHERE:** Wauwatosa West High School
- TEAMS:** Brown Deer, Greendale, MUHS, Menomonee Falls, Shorewood, Tosa East, Tosa West, W.A. Central, Whitefish Bay.
- TIME:** 3:30 pm – Field Events                      4:30 pm – Running Events
- BUS LEAVES:** 2:00 pm            **BUS RETURNS:** around 9:00 pm
- EXCUSED FROM CLASS:** 1:45 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>

**YOU WILL DISCOVER THAT YOU HAVE TWO HANDS.  
ONE IS FOR HELPING YOURSELF,  
AND THE OTHER IS FOR HELPING OTHERS!!!**

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:

4 X 800 m. Relay  
100 m. Dash Trials  
100 m. High Hurdle Trials  
110 m. High Hurdle Trials  
--- 10 min. Break  
100 m. Dash Finals  
100 m. High Hurdle Finals  
110 m. High Hurdle Finals  
1600 m. Run  
4 x 200 m. Relay  
400 m. Dash  
4 x 100 m. Relay  
300 m. Hurdles  
800 m. Run  
200 m. Dash  
3200 m. Run  
4 x 400 m. Relay