

45th ANNUAL DAN BENSON INVITATIONAL

WHO: Varsity
WHEN: Friday, May 1, 2026
WHERE: Wauwatosa West High School
TEAMS: Brown Deer, Grafton, Homestead, Janesville Parker, Menomonee Falls, Nicolet, Shorewood, Tosa East, Tosa West, Whitefish Bay, Brookfield East, Franklin

TIME: 3:30 pm – Field Events 4:00 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 three places.

ADMISSION: \$6.00 – Adults & \$5.00 – Students. **Must purchase tickets on line.**
<https://gofan.co/event/6149054?schoolId=W119512>

**THE PAST IS OVER...FORGET IT.
THE FUTURE HOLDS HOPE...REACH FOR IT!!!**

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. High Hurdles
4:40 110 m. High Hurdles
4:50 100 m. Dash
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. Low/Intermediate 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