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| <b>WAUWATOSA WEST HIGH SCHOOL</b><br><b>40<sup>TH</sup> ANNUAL DAN BENSON TRACK &amp; FIELD INVITATIONAL</b><br><b>Friday, April 30, 2021</b> |
|---|

## TEAMS PARTICIPATING

|                |                    |                        |               |
|----------------|--------------------|------------------------|---------------|
| Beaver Dam     | Brookfield Central | Menomonee Falls        | Shorewood     |
| Wauwatosa West | West Allis Central | West Allis Nathan Hale | Whitefish Bay |

## ENTRIES

3 per individual event, 1 team per relay event.  
 We will use the federation rulebook on number of events per individual.

## TIME SCHEDULE

3:00 PM - Coaches Meeting & Implement Weigh-in (Under East side of Bleachers, close to Tennis Courts)  
 3:30 PM - Field Events  
 4:30 PM - Running Events

## AWARDS

Medals to 3 places, a plaque to the winning Boys & Girls teams.  
 We will be scoring 8 places 10-8-6-5-4-3-2-1 individual and relay events.

## FIELD EVENTS – 3:30 PM SHARP

|                     |                           |                    |             |                      |
|---------------------|---------------------------|--------------------|-------------|----------------------|
| <u>Shot Put</u>     | - 2 flights (Girls first) | 4 Throws-No Finals |             |                      |
| <u>Discus</u>       | - 2 flights (Boys first)  | 4 Throws-No Finals |             |                      |
| <u>*Long Jump</u>   | - Girls (3:30-5:00 PM),   | 4 Jumps-No Finals  |             |                      |
|                     | - Boys (5:15-7:00 PM),    | 4 Jumps-No Finals  |             |                      |
| <u>*Triple Jump</u> | - Boys (3:30-5:00 PM),    | 4 Jumps-No Finals  |             |                      |
|                     | - Girls (5:15-7:00 PM),   | 4 Jumps-No Finals  |             |                      |
| <u>High Jump</u>    | - Opening Heights         | Girls: 3'10"       | Boys: 4'10" | <b>(Boys First)</b>  |
| <u>Pole Vault</u>   | - Opening Heights         | Girls: 6'          | Boys: 8'    | <b>(Girls First)</b> |

## RUNNING EVENTS – 4:30 PM SHARP

3200M relay - (Note: the 200M Dash will be finals only, Girls then Boys in all running events)  
 100M Dash - Trials  
 110M HH (Boys)- Trials  
 100M HH (Girls)- Trials

### ---10 minute break ---

100M Dash  
 100M HH (Girls)  
 110M HH (Boys)  
 1600M Run  
 800M Relay  
 400M Dash  
 400M Relay  
 300M Low H (Girls)  
 300M Int H (Boys)  
 800M Run  
 200M Dash  
 3200M Run  
 1600M Relay

## ENTRY FEE DUE

Your entry fee of **\$150.00 for 1 team, \$300 for both Girls & Boys** is due ASAP.

## ADMISSIONS – 2 Adults per Competing Athlete

\$5 for Adults and \$2 for Senior Citizens

## CONCESSIONS

To be determined.

## ENTRIES

Online with <http://www.k2timing.com/>. Entries are due by 7:00 PM on Wednesday, April 28th. Coaches may make changes at the Coaches Meeting on the day of the event. Any questions, contact K2Timing at (414) 331-7215. Live Scoring Online will be available as the meet progresses.

## FACILITY

We have a seal flex track. Spikes 1/4" pyramid max. Rubber soled shoes only. **NO SPIKES ON THE TURF FIELD.** Shot and discus slabs are concrete. All team tents must be kept off the track and outside the fence.

## TRAINER

An Athletic Trainer will be available for assistance during the entire event.

## OFFICIALS

Robert Kern  
Nancy Pietrowiak  
L. Stephen Ward  
John Woreck

## QUALIFIED PERSONNEL

In order to run the meet in an efficient and safe manner we would like the following schools to provide one person to manage in the following:

|           |                        |
|-----------|------------------------|
| Shot      | West Allis Central     |
| Discus    | Beaver Dam             |
| High Jump | West Allis Nathan Hale |
| Long Jump | Whitefish Bay          |

|             |                    |
|-------------|--------------------|
| Triple Jump | Menomonee Falls    |
| Pole Vault  | Brookfield Central |
| Finish Line | Tosa West          |

### Inspectors

|                 |   |
|-----------------|---|
| 400 Meter Relay | Inspectors 1 <sup>st</sup> exchange – Tosa West |
|                 | Inspectors 2 <sup>nd</sup> exchange – Shorewood |
|                 | Inspectors 3 <sup>rd</sup> exchange – Tosa West |

|                 |  |
|-----------------|--|
| 800 Meter Relay | 1 <sup>st</sup> & 3 <sup>rd</sup> exchange – Shorewood |
|-----------------|--|

*Assignment changes may be made if necessary*

If you have any questions, please phone:

Jeff Gabrielsen, Athletic Director  
414-773-3014