

2024 Willard Hanson Invitational

April 25, 2024

Dear Athletic Director/Coach:

Welcome to the 2024 Hanson Invitational. The order of events and entry information are included. Please read through the information and note **a few changes**.

Enter athletes at www.milesplit.com

Entries are 3 per individual event (except 2 in pole vault) with 1 relay per event.

LJ/TJ will be open pit. 4 jumps, no finals

The 4x100 relay will have 2 entries, your normal relay, and a throwers relay. Co-ed relay teams are allowed in the throwers relay. The thrower's relay team must be throwers and can contain athletes not participating in throws on that day.

Changes to throws/throwers relay.

Last year when the athletes checked out for the throwers 4x100 those events stalled which added quite a bit of time, especially in discus to the meet. We want to continue the Throwers 4x100 and will try these changes to speed things along.

- 1. The throwers relay will run after the girls/boys 4x400 relay.**
- 2. There will be 4 throws, no finals.** Everyone will get their first legal throw measured. There will be a **cut line** determined at the coach's meeting.

Entries will close Wed May 1st at 8:00 p.m

Medals for all 1st place finishes.

Please send the \$225 entry fee to Central High School prior to the meet. We are looking forward to seeing you at the Willard Hanson Invitational.

Concessions will be available.

Sincerely,

Mark Ambrose
La Crosse Central Activities Director

2024 Willard Hanson Invitational

Coaches Meeting

3:30

Field Events

4:00 Pole Vault (Boys, Girls)

4:00 High Jump (Girls, Boys)

4:00 Discus (Boys, Girls) 4 throws, no finals

4:00 Shot Put (Girls, Boys) 4 throws, no finals

4:00 Triple Jump Open pit, Boys and Girls, 4:00-5:30 (4 jumps no finals)

5:50 Long Jump Open pit, Boys and Girls, 5:50-7:20 (4 jumps no finals)

Running Events (Girls followed by Boys)

4:15

4x800

100/110 Hurdles

100 M Dash

1600 Meters

4x200

400 Meters

4x100

300 M Hurdles

800 Meters

200 Meters

3200

4x400

Throwers 4x100

Teams

Bangor, Holmen, Cashton, La Crosse Aquinas, Chippewa Falls, La Crosse Central, DeSoto, Onalaska, Eau Claire Memorial, West Salem