

2023 Willard Hanson Invitational

April 24, 2023

Dear Athletic Director/Coach:

Welcome to the 2023 Hanson Invitational. The order of events and entry information are included. Please read through the information.

Enter athletes at www.milesplit.com

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

The 4x100 relay will have 2 entries, your normal relay, and a throwers relay.

In the throwers relay, Co-ed relay teams are allowed.

Thrower's relay team must be throwers and can contain athletes not participating in throws on that day.

The throwers relay will run after girls/boys 4x100 relay

Entries will close Wed May 3rd at 8:00 p.m

Medals for all 1st place finishes.

Please send the \$200 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 and the Central Alumni Association will be serving a Pulled Pork Dinner in the school parking lot also.

Sincerely,

Mark Ambrose
La Crosse Central Activities Director

Teams

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

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Field Events

- 3:30 Pole Vault (Boys, Girls)
- 3:30 High Jump (Girls, Boys)
- 3:30 Discus (Boys, Girls) 3 throws in trials – finals immediately following trials
- 3:30 Shot Put (Girls, Boys) 3 throws in trials – finals immediately following trials
- 3:30 Triple Jump Open pit, Boys and Girls, 3:30-5:00 (4 jumps no finals)
- 5:20 Long Jump Open pit, Boys and Girls, 5:20-6:50 (4 jumps no finals)

Running Events

4:00

- 4x800
- 100/110 Hurdles
- 100 M Dash
- 1600 Meters
- 4x200
- 400 Meters
- 4x100
- Throwers 4x100
- 300 M Hurdles
- 800 Meters
- 200 Meters
- 3200
- 4x400