

5th Annual Logan “A-B-C” Invitational
Thursday, April 17th, 2025
Swanson Field at La Crosse Logan HS – Start Time 4:00/4:15

Teams: DeForest Norskies from the Badger North Conference
Hudson Raiders from the Big Rivers Conference
New Richmond Tigers from the Big Rivers Conference
Wausau West Warriors from the Wisconsin Valley Conference
Winona Winhawks from the Big 9 Conference
Logan Rangers from the Mississippi Valley Conference

CONSTRUCTION IN 2025: Please tell your parents that there are NO BLEACHERS along the homestretch this year at Swanson Field as we renovate that portion of the stadium! Parents can bring their foldable chairs and set up along that area to watch the meet, there is still a lot of room in that area. The bleachers along the backstretch are still there for fans and coaches to use. Thank you in advance for your patience as we update our facility. 😊

Entries: Each team will be allowed 3 entries in all open events and 1 relay team.

Coaches will be asked to designate each athlete as their A (top), B (middle) and C (lowest) performer in every open event. By doing this, we will then have - for example - the 6 “A” 100m dash kids race against one another, the 6 “B” 300h kids race against one another – and so on. It could be a great opportunity for kids who normally do not win a race to be the first kid across the finish line for a change. In order for this to work to its fullest potential, it is very important that each coach be as accurate (and fair) as possible in designating their A, B and C participants in each event.

Please note that an athlete could compete with different letter designations throughout the day. For example, two years ago we had a pretty solid sprinter that also threw the Shot Put. He would have been our “A” 100m dash kid while he also would have been our “C” Shot Putter. Obviously, you know your kids better than anyone – so we ask you to use your best judgement in designating A-B-C in each event.

Scoring: 10-8-6-4-2-1 for each RACE. This means that the winner of the “C” 400 race will score 10, just as the winner of the “B” 400 race and the “A” 400 race. Yes, team scores will be HUGE! The same will be done in the Field Events with athletes being scored against kids in their matching “Letter Level”.

Lane Assignments: Lanes will be seeded by entry times using 3-4-2-5-1-6 on our 6 lane track. This is why we limited this meet to 6 schools. There will be one heat of each relay and no more than 3 heats of any open race, per gender. That should help keep things moving.

Field Events:

Shot Put and Discus – Trials will be contested as normal via seed marks. We anticipate 2 flights of 9 throwers in each event. Warmups between flights. *We will have all our wheelchair competitors throw right away to begin the SP competition.*

We would like to get creative with these two events. We plan to have three throws for all competitors and then three more throws for finalists. Our plan is to have the best mark from each school make finals (which may not necessarily be your “A” thrower) along with the NEXT 3 best marks also making finals. This would guarantee each team to have at least one kid in finals, while also providing an opportunity for a team that has a nice group of throwers to potentially have multiple finalists.

After Finals, C, B & A results will be separated and scored just like any other event on the day.

Long Jump and Triple Jump – Will be contested with 4 jumps and NO FINALS in an open pit format for a set amount of time and then – upon completion of each event – separate each result into A, B and C for team scoring purposes.

High Jump and Pole Vault – We are going to try to balance, as best we can, our ability to keep the events going at a reasonable pace while also providing the athletes a worthwhile competition. Since we could have up to 18 competitors in each of these events from a wide range of abilities, we are planning on establishing opening heights by going to the 8th best seed mark (as usual), and then going THREE heights down. This will hopefully provide a more reasonable starting height for each team’s “C” competitors while allowing the event to be concluded in a manageable timeframe.

Again, just as the other field events, results will be scored by separating all of the C, B and A athletes. All high jumpers and pole vaulters (within a gender) will compete together in one competition, with no more than 18 vaulters or jumpers going at any one time.

Start Times: Field at 4:00, Running at 4:15

BTJ & GLJ will be run cafeteria style from 4:00-5:30, BLJ & GTJ will be contested from 5:45-7:15. If we can begin the second round of horizontal jumps a little earlier, we may attempt to do so.

Boys will begin in the Discus, Girls will begin in Shot Put. Boys will start in the PV, girls in the HJ.

Accurace (accuracetime.com) will be used for timing services and entries will be made via MileSplit. ***Entries will be due by Tuesday, April 15th at Midnight!***

Questions? Please feel free to contact Joe Hackbarth at jhackbar@lacrossesd.org or reach him on his cell phone at 608-498-7107

**We look forward to seeing all of you and
will do everything in our power to try to put on a quality meet for your kids!**

Logan A-B-C Invitational Order of Events

4:00 – Boys Triple Jump, Discus and Pole Vault along with Girls Long Jump, Shot Put and High Jump

Running Schedule: We will always start with the slowest (C) section & move towards faster sections

4:15 - 4 x 800 – Girls then Boys (1 section for each gender)

100m High Hurdles – Girls – C – B – A

110m High Hurdles – Boys – C – B – A

100m Dash – Mixed Wheelchair

100m Dash – Girls – C – B – A

100m Dash – Boys – C – B - A

1600m Run – C Girls and C Boys combined in first heat, followed by A+B Girls, then last will be A+B Boys

4 x 200 Relay – Girls, then Boys (1 section for each gender)

400m Dash – Mixed Wheelchair

400m Dash – Girls – C – B – A

400m Dash – Boys – C – B – A

4 x 100 Relay – Girls, then Boys (1 section for each gender)

300m Hurdles – Girls – C – B – A

300m Hurdles – Boys – C – B – A

800m Run – C Girls and C Boys combined in first heat, followed by A+B Girls, then last will be A+B Boys

200m Dash – Girls – C – B – A

200m Dash – Boys – C – B – A

3200m Run – Girls – All in one Section, scored separately

3200m Run – Boys – All in one Section, scored separately

4 x 400 Relay – Girls, then Boys (1 section for each gender)