

QUICK IMPORTANT DETAILS FOR INDIANA

- You need to provide your own transportation to Delaware, OH and back. There is a possibility of sharing rides with other athletes and coaches – please let us know if you need help with transportation.
- You should plan to arrive between 12:00 – 2:00 PM on Friday, June 12. Other arrangements can be made for individual plans. We are here for athletes to compete – not the have the same rigid rules that your high school has to have at times.
- If you are going to be later than 3:00 PM, Be sure an All-Star coach has been informed by June 12.
- Throwers will be responsible for bringing their own implements in the Shot and Discus, Vaulters will be responsible for bringing their own poles.
- We have a team practice at 3:30 PM on Friday, June 12
- You will be provided the following: INDIANA ALL-STAR UNIFORM, T-SHIRT, and gear to keep, linens for your bed, housing in a dorm with air conditioning on Friday night, dinner on Friday night, and breakfast Saturday morning.
- Please bring spikes, throwing implements, poles, practice clothing, and personal articles including a pillow and a blanket (toothbrush etc.)
- You will need something nice to wear to the banquet Friday night.
- There is a map enclosed with some general directions to Delaware, Ohio and more specific directions to Ohio Wesleyan University where you will stay Friday night and where the meet is held.
- Please let me know if you are having trouble finding a ride and we will see who else from your area is going.

Please be sure that an all-star coach has your contact information so we can finalize our line-ups.

General Itinerary for the Midwest Meet of Champions

All Times are Eastern Daylight Time

Friday, June 12th

12:00 – 3:00 PM Team Indiana arrives and checks in to Smith Hall at Ohio Wesleyan

3:30 – 5:00 PM Indiana practice time

6:00 PM Dinner for Athletes and Presentation of Mr. and Miss Track and Field for Indiana

Saturday, June 13th

7:00-8:30 am

9:30 Team Indiana Pictures

12:00 PARADE of ATHLETES!!!

Field Events

12:30 Pole Vault – Men (Women to follow)

12:30 Shot Put – Men (Women to follow)

12:30 Discus – Women (Men to follow)

12:30 Long Jump – Women (Men to follow)

12:30 High Jump – Men (Women to follow)

Running Events

1:00 3200 Meter Relay – Women

1:15 3200 Meter Relay – Men

1:30 100 Meter Hurdles – Women

1:35 110 Meter Hurdles – Men

1:40 100 Meter Dash – Women

1:45 100 Meter Dash – Men

1:50 800 Meter Relay – Women

1:55 800 Meter Relay – Men

2:00 1600 Meter Run – Women

2:10 1600 Meter Run – Men

2:20 400 Meter Relay – Women

2:25 400 Meter Relay – Men

2:30 400 Meter Dash – Women

2:35 400 Meter Dash – Men

2:40 300 Meter Low Hurdles – Women

2:45 300 Meter Int. Hurdles – Men

2:50 800 Meter Run – Women

2:55 800 Meter Run – Men

3:00 200 Meter Dash – Women

3:05 200 Meter Dash – Men

3:10 3200 Meter Run – Women

3:15 3200 Meter Run – Men

3:40 1600 Meter Relay – Women

3:45 1600 Meter Relay – Men

4:00 Awards – Star of Stars Running/Star of Stars Field

4:10 Team Trophies

This is a tentative time schedule – if necessary we will run ahead of schedule