



2017

Indiana



**Track & Field
All-Stars**

Midwest Meet of Champions
June 9-10

Ohio Wesleyan University
Delaware, OH

Congratulations

You could be an Indiana All-Star!!!

I would like to take this opportunity to congratulate you on an outstanding senior season and career. This is an incredible honor as you could join some of the legends of Indiana Track & Field. This packet will give you most of the information you need to know for this exciting weekend. If you have any questions, please feel free to contact me. The entire coaching staff is looking forward to meeting and working with the outstanding group of young ladies.

You MUST either call or email me by TUESDAY, JUNE 6 before NOON to confirm that you are going so that I may send our official entry list by 3:00 P.M. If you directly tell one of the coaches “YES” on the phone or at the State Meet, then you DO NOT have to worry about this deadline.

Women’s Coordinator

Rick Sluder – Munster High School
317-201-1024 (cell)
resluder@munster.us

Midwest Meet of Champions Coaching Staff

Kirk Wrightsman- Brown County
Jeremy Baney – South Dearborn
Emily Wikle – North Central
Julie Alano – Hamilton SE

QUICK IMPORTANT DETAILS

- 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 12:00-1:45 PM on Friday, June 9. Other arrangements can be made for individual plans. We are here for athletes to compete- not to 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, Coach Sluder **MUST** be informed of this before June 9 @ 317-201-1024
- Check-in is at Smith Hall starting at 12:00 pm EST. A campus map is attached for directions
- Throwers will be responsible for bringing their own implements in the Shot and Discus and Vaulters will be responsible for bringing their own poles.
- We have a team practice at 2:30 PM on Friday, June 9th.
- You will be provided the following: INDIANA ALL-STAR UNIFORM, T-SHIRT, and gear to keep, linens for your bed, housing in a dorm, dinner banquet 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 (skirt, dress, or dress pants)
- 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

SCHEDULE FOR FRIDAY JUNE 9TH AND SATURDAY JUNE 10TH MID-WEST MEET OF CHAMPIONS

FRIDAY	12:00 – 2:00 p.m.	CHECK IN
	1:00 – 2:30	OHIO PRACTICE
	2:30 – 4:00	INDIANA – MICHIGAN PRACTICE
	6:00	BANQUET AND PRESENTATION OF YEAR-END AWARDS

SATURDAY

7:00-8:30 a.m. BREAKFAST

9:30	INDIANA TEAM PICTURES
9:45	MICHIGAN TEAM PICTURES
10:00	OHIO TEAM PICTURES
11:30	OFFICIALS PICTURES

12:00 p.m. PARADE OF ATHLETES AND OFFICIALS

12:30	FIELD EVENTS
	POLE VAULT MEN FOLLOWED BY WOMEN
	SHOT MEN FOLLOWED BY WOMEN
	HIGH JUMP MEN FOLLOWED BY WOMEN
	DISCUS WOMEN FOLLOWED BY MEN
	LONG JUMP WOMEN FOLLOWED BY MEN

1:00 RUNNING EVENTS WOMEN FOLLOWED BY MEN
4 X 800 RELAY

1:30 100/110 HIGH HURDLES

1:40 100 METERS

1:50 4 X 200 RELAY

2:00 1600 METERS

2:20 4 X 100 RELAY

2:30 400 METERS

2:40 300 HURDLES

2:50 800 METERS

3:00 200 METERS

3:10 3200 METERS

3:40 4 X 400 RELAY

4:00 AWARDS PRESENTATION