



2018

Indiana



**Track & Field
All-Stars**

Midwest Meet of Champions

June 8-9

Michigan State University

East Lansing, MI

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
Julie Alano – Hamilton SE
E. Shane Lee- Brebeuf
Reuben McCracken- Greenfield Central
Collin Gayde- Hamilton SE
Le'gretta Smith- Warren Central

QUICK IMPORTANT DETAILS

- You need to provide your own transportation to East Lansing, MI 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 12:30-4:00 PM on Friday, June 8. 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.
- Check-in is in Wilson Hall in East Lounge Room E-151.
- If you are going to be later than 4:00 PM, Coach Sluder MUST be informed of this before June 8 @ 317-201-1024
- Check-in is at Wilson Hall starting at 12:00 pm EST. A campus map is attached for directions and the address is **219 Wilson Rd, East Lansing, MI 48825.**
- 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 4:30 PM on Friday, June 8th.
- 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** and a **FAN** (toothbrush etc.)
- You will need something nice to wear to the banquet Friday night (skirt, dress, or dress pants). This banquet is for athletes only. If you high school attends the meet, we may be able to have a spot for them.
- 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.

Schedule for Midwest Meet of Champions 2018 at Michigan State University

all times are Eastern

Friday, June 8 12:30-4:00 pm Check in at Wilson Hall
4:30-6:00 Teams Ohio and Indiana practice
(Check-in for **Indiana** in Wilson Hall east lounge-room E-151)
6:30 p.m. Banquet in Case Hall cafeteria
9:00 p.m. Team Indiana meeting (room TBD)
10:00 p.m. Retire to rooms (dorms are **locked** at 10:00p.m.!)

Saturday, June 9

7:00-8:30a.m Breakfast in Case Hall
9:15 Team Indiana Pictures
10:30 Check out of Dorm – head to track
11:00 Parade of athletes, coaches, and officials
11:00 Pole Vault-Women
11:00 Discus-Men
(located west of the track, approximately .3 mile)
11:30 High Jump-Men
11:35 Long Jump-Women
11:40 Shot Put-Women
1:00 pm 3200 relay-Men
1:15 3200 relay-Women
1:35 110 hurdles-Men
1:40 100 hurdles-Women
1:45 100 dash-Men
1:50 100 dash-Women
2:00 800 relay-Men
2:10 800 relay-Women
2:15 1600 run-Men
2:25 1600 run-Women
2:35 400 relay-Men
2:40 400 relay-Women
2:45 400 dash-Men
2:50 400 dash-Women
3:00 300 hurdles-Men
3:05 300 hurdles-Women
3:15 800 run-Men
3:20 800 run-Women
3:25 200 dash-Men
3:30 200 dash-Women
3:40 3200 run-Men
3:55 3200 run-Women
4:20 1600 relay-Men
4:25 1600 relay-Women