



**2019**

**Indiana**



**Track & Field  
All-Stars**

Midwest Meet of Champions  
June 7-8

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 WEDNESDAY, JUNE 5 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 – Columbus North High School  
317-201-1024 (cell)  
sluderr@bcsc.k12.in.us

Midwest Meet of Champions Coaching Staff

Kirk Wrightsman- Brown County  
Reuben McCracken- Greenfield Central  
Julie Alano – Hamilton SE  
Justin Smith – Jennings County High School  
Aaron Brown – Munster High School

# 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. **WE WILL DO OUR BEST TO MAKE TRANSPORTATION NOT A BARRIER FOR YOU!**
- You should plan to arrive between 12:30-3:00 PM on Friday, June 7. 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 7 @ 317-201-1024
- Check-in is at Wilson Hall starting at 12:00 pm EST. A campus map is attached for directions. **The address is 219 Wilson Road, 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 4:00-5:30 PM on Friday, June 9<sup>th</sup>.
- 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, FAN** and a **BLANKET** (toothbrush etc.)
- You will need something nice to wear to the banquet Friday night (skirt, dress, or dress pants). The banquet is athletes only. If your high school coach attends the meet, we may be able to have them attend the banquet.
- There is a map enclosed with some general directions to the Michigan State Campus.
- 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

## Michigan State University

### Friday, June 7

12:30-3:00p.m.-Team Indiana check in at Wilson Hall (room C-003)  
4:00-5:30p.m.- Team Indiana practice(Check-in/mtg. for **Indiana** in room E-151)  
6:30-8:00p.m.-Banquet in Case Hall cafeteria  
8:10- 8:30p.m.-Speaker in Wilson lecture hall  
9:00p.m.-Team Indiana meeting  
10:00p.m.-In your rooms

### Saturday, June 8

7:00a.m-8:30a.m-Breakfast in Case Hall  
9:15-Team Indiana Pictures  
9:00-10:00-Final Scratches to timers near finish line  
10:30-Coaches' Meeting with Head Referees in tent just south of track building near sprint start and shot put areas  
10:45a.m.Teams and officials gather near 200m. mark for parade of champions  
11:00a.m.-Parade of athletes, coaches, and officials  
11:00-Pole Vault-Men  
11:00-Discus-Men (located west of the track, approximately .3 mile)  
11:30-High Jump-Women  
11:30-Long Jump-Men  
11:30-Shot Put-Women

### Running Events

1:00p.m.-3200 relay-women first in all running events  
1:15p.m.-3200 relay-Men  
1:35-100 hurdles-Women  
1:40p.m.-110 hurdles-Men  
1:45-100 dash-women  
1:50-100 dash-men  
2:00-800 relay-women  
2:10-800 relay-men  
2:15-1600 run-women  
2:25-1600 run-men  
2:35-400 relay-women  
2:40-400 relay-men  
2:45-400 dash-women  
2:50-400 dash-men  
3:00-300 hurdles-women  
3:05-300 hurdles-men  
3:15-800 run-women  
3:20-800 run-men  
3:25-200 dash-women  
3:30-200 dash-men  
3:40-3200 run-women  
3:55-3200 run-men  
4:20- 1600 relay-women  
4:25-1600 relay-men