

## QUICK IMPORTANT DETAILS FOR INDIANA

- You need to provide your own transportation to Fort Wayne, IN and back.
- You must arrive before 2:00 PM on Friday, June 14
- If you are going to be later than 3:00, Be sure an All-Star coach has been informed by June 13.
- 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 2:30 PM on Friday, June 14
- 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 banquet on Friday night, and breakfast Saturday morning.
- Please bring spikes, throwing implements, poles, practice clothing, and personal articles including a pillow (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 Fort Wayne, Indiana and more specific directions to IPFW (where you will stay Friday night) and to Northrop High School where the meet will be 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 14<sup>th</sup>

12:00 – 2:00 PM Team Indiana arrives and checks in to IPFW Student Housing

3:00 – 5:00 PM Indiana practice time (Spuller Stadium)

7:15 PM Banquet for All-Star Athletes and All-Star Coaches (Ceruti's Diamond Room)

## Saturday, June 15<sup>th</sup>

7:00-9:00 am. BREAKFAST (Served at Clubhouse???)

9:30 Team Indiana Pictures IPFW Student Housing Grounds

10:30 All Teams depart for Northrop H.S. (Spuller stadium)

12:00 PARADE of ATHLETES!!!

### Field Events

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

12:35 Shot Put – Men (Women to follow)

12:40 Discus – Women (Men to follow)

12:45 Long Jump – Men (Women to follow)

12:50 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

2:10 1600 Meter Run – Women

2:20 1600 Meter Run – Men

2:30 400 Meter Relay – Women

2:35 400 Meter Relay – Men

2:40 400 Meter Dash – Women

2:45 400 Meter Dash – Men

2:55 300 Meter Low Hurdles – Women

3:00 300 Meter Int. Hurdles – Men

3:10 800 Meter Run – Women

3:15 800 Meter Run – Men

3:20 200 Meter Dash – Women

3:25 200 Meter Dash – Men

3:35 3200 Meter Run – Women

3:55 3200 Meter Run – Men

4:10 1600 Meter Relay – Women

4:15 1600 Meter Relay – Men

4:30 Awards – Star of Stars Running/Star of Stars Field

4:50 Team Trophies

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