Rocket Middle School Distance Night
Tuesday, April 16, 2019
Assumption Green
4500 Champions Trace Lane

Rocket Middle School Distance Night is an event for 5th-8th grade distance runners that provides an opportunity for each athlete to run a fast 800 or 1600 within a fun, festive event setting. This meet accepts school teams, club teams and unattached entries.

How to enter athletes: *please read the **Entry Process** section below (next page)*

Entry deadlines: *note that if the meet reaches capacity prior to either of the deadlines below, then we reserve the option of closing the meet in advance of these deadlines.*

Standard entry deadline: Saturday, April 13 at **6:00pm**
All entries made before the regular entry deadline must be submitted through Milesplit.

Late entry deadline: Sunday, April 14 at **6:00pm**
*Late entries **will only** be considered for Open Division races (see below). Please contact Meet Director Barry Haworth to submit late entries between 6pm on April 13 and 6pm on April 14.*

Entry fees:

Entry fees: $30 per girls team or $8 per individual girl (for teams entering 3 or fewer girls), and/or $30 per boys team or $8 per individual boy (for teams entering 3 or fewer boys).
Note: a girls (boys) team entry fee allows unlimited entries in all girls (boys) Open Division, Junior Division, and Senior Division races.

Late entries: $40 per girls team or $10 per individual girl (for teams entering 4 or fewer girls) and/or $40 per boys team or $10 per individual boy (for teams entering 4 or fewer boys).

Entry fee checks should be made out to Assumption High School and can either be brought to the meet or mailed to Assumption HS Athletics, Attn: Barry Haworth, 2170 Tyler Lane, Louisville, KY, 40205.

Awards:
Junior Division awards: the top 6 finishers in each Junior race will receive medals
Senior Division awards: the top 6 finishers in each Senior race will receive medals
There are no awards in the Open Division races

Communication: Meet director Barry Haworth's email address is: *bmhaworth@louisville.edu*
All communication regarding this meet will be conducted only via email. Coaches are **strongly advised** to check their email regularly in the days leading up to the meet so that they are aware of any announcements regarding the meet. We will do our best to also provide announcements at our Milesplit entry portal, but the primary means of communicating meet information will be via email to coaches.

Gate Admission: $5 adults, $3 students, $3 seniors, kids 12 years old and younger are free

Entry process: All entries must be submitted through Milesplit. If you have any questions over the entry process, then you should contact Coach Haworth or the Milesplit webmaster asap.

Coaches: you may enter your athletes in a Junior or Senior event directly, or enter athletes in an Open event if you do not believe your athlete will make the overall top 16 cut in their respective Junior Division or Senior Division event.

Here is a description of each event:

Junior Division 800: top 16 (5th-6th grade) athletes entered in the Junior Division 800 will be accepted and then seeded into this event. Any athlete entered in the Junior Division 800 who does not make this top 16 cut will be dropped to the Open Division 800.

Junior Division 1600: top 16 (5th-6th grade) athletes entered in the Junior Division 1600 will be accepted and then seeded into this event. Any athlete entered in the Junior Division 1600 who does not make this top 16 cut will be dropped to the Open Division 1600 or Open Division 800 (see descriptions of these races below).

Senior Division 800: top 16 (7th-8th grade) athletes entered in the Senior Division 800 will be accepted and then seeded into this event. Any athlete entered in the Senior Division 800 who does not make this top 16 cut will be dropped to the Open Division 800.

Senior Division 1600: top 16 (7th-8th grade) athletes entered in the Senior Division 1600 will be accepted and then seeded into this event. Any athlete entered in the Junior Division 1600 who does not make this top 16 cut will be dropped to the Open Division 1600 or Open Division 800 (see descriptions of these races below).

Open Division 800: this event is for (5th-8th grade) athletes who do not make the top 16 cut for a Junior or Senior event. Coaches may enter athletes directly into this event (e.g. any athlete you do not expect to make the top 16 cut in the Junior Division or Senior Division 800) and any athlete who does not make the top 16 cut in a Junior Division or Senior Division race will be moved into this event.

Open Division 1600: this event is for (5th-8th grade) athletes who do not make the top 16 cut for a Junior or Senior event. Coaches may enter athletes directly into this event (e.g. any athlete you do not expect to make the top 16 cut in the Junior Division or Senior Division 1600) and any athlete who does not make the top 16 cut in a Junior Division or Senior Division race will be moved into this event.

- We will only run 1 section of Open Division 1600 (1 race for girls and 1 race for boys), and so if entries are excessive, then we will be moving athletes from the Open Division 1600 to the Open Division 800.

Entry guidelines: below are the final cutoff times from previous years (provided only as a guideline). Athletes not meeting these times may still be entered in one of these events. These times do not guarantee acceptance into an event, but athletes who have not run these times are more likely to be dropped into an Open Division event than athletes who have run these times.

Entry Guideline Performances	Girls	Boys
Junior Division 800m run	3:10	3:10
Junior Division 1600m run	7:00	6:45
Senior Division 800m run	2:55	2:54
Senior Division 1600m run	6:11	5:55

Additional concerns:

- **Verify Athlete Grades.** *Coaches are strongly encouraged to verify the grades of their athletes prior to the Entry Deadline.* We will scratch any entered athlete from an event where that athlete is listed by Milesplit as not being in the appropriate grade for that event. E.g., if an athlete is listed as being in 4th grade, then that athlete will be scratched from the meet, as we do not accept entries below 5th grade.

  o If a coach waits until after the entry deadline to correct an incorrect grade, then we will re-enter that athlete into the meet, but only within one of the Open Division races. We will not re-enter scratched athletes into a Junior or Senior event after the meet has been seeded.

- **Late Entries.** *Any late entries will be placed within one of the Open Division races.* Note that if the Open Division 1600 is already full, then late entered athletes will only be considered for placement into the Open Division 800.

- **Entry Limits.** *Coaches should enter their athletes in only one event.* Athletes entered in more than one event will be dropped from one of the two events during seeding. This decision will be made by meet management, and will not be a joint decision between meet management and coaches.

- **Seeding:** *Seeding will be conducted on the basis of each athlete's personal best.* Coaches, note that any athlete without a seed time performance (i.e. athletes listed as NT) can only make the top 16 cut of an event if there are less than 16 entries in that event. Therefore, it's very important to ensure that your better athletes all have a seed time.

  o Coaches, if you have an athlete listed as NT in a Junior or Senior event and you believe that athlete is capable of making the top 16 of that event, then you should contact Meet Director Barry Haworth (via email) and be prepared to provide performances from alternative events so that an appropriate performance estimate can be determined for that athlete.

- **Scratches.** *We ask that coaches inform us of any entered athlete in a Junior Division or Senior Division event who cannot compete and must be scratched from their event.* When scratches in our Junior Division and Senior Division events are announced early enough, we will do our best to move athletes up into races where there is room. **Coaches are asked to not request reseeds,** however, this is something we will do if time allows.

Expected Meet schedule

Note that this is an estimated schedule which may change. This meet is on a rolling schedule, and if it is possible to move ahead of the estimated schedule, then we will do that. Note as well that a final (estimated) schedule will be put out asap once the entry deadline has passed.

Time	Event	Expected Max # Competitors
4:30	Gates Open for Admission	
5:30	Track open for warmup	
5:30	Coaches Meeting	
6:00	Star Spangled Banner	
6:15	800m Open Girls - section 4	TBA
6:23	800m Open Boys - section 4	TBA
6:30	800m Open Girls – section 3	TBA
6:38	800m Open Boys – section 3	TBA
6:45	800m Open Girls – section 2	TBA
6:53	800m Open Boys – section 2	TBA
7:00	800m Open Girls – (seeded) section 1	16-18
7:08	800m Open Boys – (seeded) section 1	16-18
7:15	1600m Open Girls	16-20
7:25	1600m Open Boys	16-20
7:40	800m Junior Girls	16
7:48	800m Junior Boys	16
7:55	1600m Junior Girls	16
7:55	1600m Junior Boys	16
8:05	800m Senior Girls	16
8:13	800m Senior Boys	16
8:20	1600m Senior Girls	16
8:30	1600m Senior Boys	16

ROCKET MIDDLE SCHOOL DISTANCE NIGHT MEET RECORDS

Open Boys 800 meter run	2:26.81	Bryan Coleman (Oldham Co MS), 2017
Open Boys 1600 meter run	5:08.54	Nick Brooks (Unattached), 2018
Junior Boys 800 meter run	2:29.65	Ian Hobbs (Oldham Co MS), 2017
Junior Boys 1600 meter run	5:27.16	Adam Patel (North Oldham), 2018
Senior Boys 800 meter run	2:15.57	Ben Becerra (North Oldham), 2018
Senior Boys 1600 meter run	4:51.09	Ryan O'Dea (Highlands Latin), 2017

Open Girls 800 meter run	2:51.86	Shauvi Kennedy (Oldham Co MS), 2018
Open Girls 1600 meter run	6:06.73	Aspen Fain (North Oldham), 2018
Junior Girls 800 meter run	2:35.09	Grace Wayland (Oldham Co MS), 2017
Junior Girls 1600 meter run	5:27.47	Brooklyn Campisano (St Edward), 2018
Senior Girls 800 meter run	2:29.10	Ella Henage (Oldham Co MS), 2018
Senior Girls 1600 meter run	5:13.44	Abigail Bohn (St Edward), 2017