

## **Rocket Middle School Distance Night**

Date: Tuesday, April 30, 2024 (start time is 6:00pm)

Location: Assumption Green

Address: 4500 Champions Trace Lane, Louisville, KY

*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.*

**Team entry fees** (for 4 or more athletes): \$30 per girls team, \$30 per boys team

Note: each team entry fee allows unlimited entries in all boys races or all girls races.

**Individual entry fees** (for 3 or fewer athletes): \$8 per individual girl, \$8 per individual boy

*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.*

**Submit entries at:** <https://www.athletic.net/TrackAndField/meet/523012/info>

**Entry deadline:** Sunday, April 28 at 7:00pm

### **Awards:**

\*\* Junior Division awards: the top 5 finishers in each Championship Junior race will receive medals

\*\* Senior Division awards: the top 5 finishers in each Championship Senior race will receive medals

**Gate Admission:** \$5, kids below HS ages are free

**Communication:** All communication, including questions regarding this meet will be conducted only via email with Coach Barry Haworth (bmhaworth@louisville.edu).

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 Athletic.net/Milesplit, but the primary means of communicating meet information will be via email to coaches.

If you have any questions, then please email Coach Barry Haworth (bmhaworth@louisville.edu).

## SUBMITTING ENTRIES

**ENTRY SUBMISSION:** all entries must be submitted through Athletic.net (link below):

- <https://www.athletic.net/TrackAndField/meet/523012/info>

**ENTRIES:** entry submission is through Athletic.net. Coaches will enter their athletes in either the Junior (5th-6th grade) Division 800 or 1600, or Senior (7th-8th grade) Division 800 or 1600, and athletes will ultimately be seeded on the basis of their entry times. Athletes who do not make it into the fast heat of their event will be moved into an Open heat, seeded on the basis of time.

*Note that if this is the first time you have used Athletic.net to submit entries to a meet - in order to submit entries through Athletic.net, it is necessary to first create a (free) Athletic.net account for your team. If you have questions regarding how to set up an account, then feel free to contact David Flaughner at [dflaughner@dcracetiming.com](mailto:dflaughner@dcracetiming.com) or meet director Barry Haworth at [bmhaworth@louisville.edu](mailto:bmhaworth@louisville.edu)*

**ENTRY DEADLINE:** Sunday, April 28 at 7:00pm – this is a firm deadline, and so we cannot accept any entries once this deadline passes. If the meet reaches capacity prior to the entry deadline, then we reserve the right to close entries before that deadline. If the meet does close early, then we will place remaining teams on a waiting list and invite their entry into the meet if space becomes available.

Note that all athletes on your roster must include a name, grade and gender. If it's possible to include a seed performance, then that would be a great addition.

Only athletes who've been entered in the meet will receive a competitor number, and only athletes with competitor numbers will be allowed to compete.

### **Expected Meet schedule**

*Note that this schedule may change, depending upon entries but that a final schedule will be put out once the meet is seeded.*

<b>Time</b>	<b>Event</b>	<b>Expected # Competitors</b>
5:30	Coaches Meeting	
6:00	800m Open Girls - section 1	(TBA)
6:05	800m Open Boys - section 1	(TBA)
6:10	800m Open Girls – section 2	(TBA)
6:15	800m Open Boys – section 2	(TBA)
6:20	800m Open Girls – section 3	(TBA)
6:25	800m Open Boys – section 3	(TBA)
6:45	National Anthem	
7:00	800m Open Girls – (fast) section 4	20
7:05	800m Open Boys – (fast) section 4	20
7:10	1600m Open Girls	20
7:20	1600m Open Boys	20
7:30	800m Junior Girls	16
7:38	800m Junior Boys	16
7:45	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 Girls 800 meter run	2:34.00	Emma Quinton (North Oldham), 2023
Open Girls 1600 meter run	6:06.73	Aspen Fain (North Oldham), 2018
Junior Girls 800 meter run	2:30.34	Sadie Thornton (Thomson Training), 2023
Junior Girls 1600 meter run	5:27.47	Brooklyn Campisano (St Edward), 2018
Senior Girls 800 meter run	2:21.99	Millie Huang (North Oldham), 2023
Senior Girls 1600 meter run	5:13.44	Abigail Bohn (St Edward), 2017
Open Boys 800 meter run	2:26.05	Hudson Koetter (Holy Spirit), 2023
Open Boys 1600 meter run	5:08.54	Nick Brooks (Unattached), 2018
Junior Boys 800 meter run	2:25.50	Ethan Case (Noe MS), 2023
Junior Boys 1600 meter run	5:14.52	Joseph Sierpina (Collegiate), 2023
Senior Boys 800 meter run	2:10.25	Teklu Hemme (St Francis), 2019
Senior Boys 1600 meter run	4:43.35	Ayden Taylor (Thomson Training), 2023