

Rocket Middle School Distance Night

Wednesday, April 13, 2022

Assumption Green (start time 6pm)

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.

Entries: entry submission is through Milesplit. Coaches interested in entering their respective teams should email Coach Barry Haworth and request a meet entry password (email address is bmhaworth@louisville.edu). Coaches will enter their athletes in either the Junior Division 800 or 1600, or Senior Division 800 or 1600, and athletes will ultimately be seeded on the basis of their entry times. Information on the entry submission process and event seeding is provided later within this handout.

Entry fees:

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.

Entry deadline: Monday, April 11 at 6:00pm

Awards:

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

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

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 Milesplit entry portal, but the primary means of communicating meet information will be via email to coaches.

Gate Admission: \$5 adults, \$3 HS students, \$3 seniors, kids below HS ages are free

Entry submission process:

Prior to entering athletes, coaches should note that entries must be submitted through Milesplit. Any questions over the entry process can be submitted to Coach Haworth. If the question relates to the operation of the Milesplit website, then your question will be forwarded to the Milesplit webmaster, Chris Hawboldt.

Entries.

All athletes should be entered in one of the 4 division races: Junior 800, Junior 1600, Senior 800 or Senior 1600. *Once the entry deadline passes (6pm on Monday, April 11), we will seed all athletes into their actual races using the criteria below.*

Junior Division Championship 800 and Championship 1600: the Jr Division championship races will consist of the Junior (5th-6th) athletes with the 16 fastest seed times who've been entered in the Junior Division 800 or Junior Division 1600 respectively.

Senior Division Championship 800 and Championship 1600: the Sr Division championship races will consist of the Senior (7th-8th) athletes with the 16 fastest seed times who've been entered in the Senior Division 800 or Senior Division 1600 respectively.

Open 1600: open races will consist of athletes from either division. There will be 1 race of Open 1600 (1 boys race, 1 girls race) with each race consisting of up to 20 athletes, athletes who do not qualify for their division's Championship 1600. Any athletes who do not qualify for the Championship or Open 1600 will be moved to the Open 800.

Open 800: all athletes who do not qualify for their division's Championship 800 will be entered in the Open 800. This will also include any athlete who does not make their division's Championship 1600 or the Open 1600.

Entry Times

Each athlete should have their seed times generated by Milesplit on the basis of the athlete's personal best in that event. If any of your athletes has a personal best performance in their event that is faster than the listed event, then please contact Coach Barry Haworth. You'll be expected to provide evidence of the athlete's better performance from published results at Milesplit or Athletic.net.

- **Missing performances:** unless an athlete's Milesplit profile has been merged across the various teams that the athlete has competed for (e.g. school team, club team, etc), the athlete's profile could be missing some performances achieved in events where the athlete did not compete for their school team.
- **NT performances:** if an athlete does not have a performance in a specific event (i.e. listed as NT), then that athlete is unlikely to qualify for one of our Championship races.
- **Converting Mile times to 1600m times:** if you wish to enter an athlete in the 1600 and your athlete has a better mile performance than 1600 performance, but the system does not convert the mile performance into a 1600 performance, then please contact Coach Barry Haworth.

Entry guidelines: below, we've provided coaches some approximate cutoff times for the Championship races. Note that, in any given year, the actual cutoff times may vary from what's provided below, and that athletes will ultimately be placed in races on the basis of where they rank relative to the other entries, not on the basis of hitting one of these cutoff times.

Past Performance Cutoffs	Girls	Boys
Junior Division 800m run	3:10	3:05
Junior Division 1600m run	7:00	6:45
Senior Division 800m run	2:55	2:50
Senior Division 1600m run	6:20	6:00

Please note that once the Championship races are seeded, we will not reseed that race unless we have scratches provided to us by the Coaches of the scratched athlete.

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.

Time	Event	Expected Max # Competitors
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	Star Spangled Banner	
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 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	2:10.25	Teklu Hemme (St Francis), 2019
Senior Boys 1600 meter run	4:51.09	Ryan O'Dea (Highlands Latin), 2017
Open Girls 800 meter run	2:50.16	Meagan Lenfert (So Indiana Catholic), 2019
Open Girls 1600 meter run	6:06.73	Aspen Fain (North Oldham), 2018
Junior Girls 800 meter run	2:33.41	Alexandra Allen (Collegiate), 2019
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