

Rocket Middle School Distance Night

Date: Friday, March 27, 2026 (start time is 6:00pm)

Location: Assumption Green (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.

Meet format: all athletes will compete in one of 3 divisions.

- **Open Division:** 5th, 6th, 7th and 8th graders
- **Junior Division:** 5th and 6th graders (only)
- **Senior Division:** 7th and 8th graders (only)

The Junior and Senior division races are Championship races, and will consist of the top entries in each Junior and Senior event. The top entry cutoff is typically 16-18 athletes.

Once the entries close, we will seed athletes into the various events in each division.

Athletes entered in the Junior 800, Junior 1600, Senior 800 and Senior 1600 who do not make the top entries cutoff will be moved over to the Open Division 800 or Open Division 1600, depending on the race where they were originally entered. E.g., an athlete entered in the Junior Division 800 who does not make the top entries cutoff in that event will be moved to the Open Division 800. Similarly for athletes entered in the Junior 1600, Senior 800 or Senior 1600.

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 Athletic.net and our meet website, but the primary means of communicating meet information will be via email to coaches.

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

Please note that admission is being charged to cover the cost of our meet timer and starter, and that tickets will be sold through an online ticket service (a purchasing link is forthcoming).

Awards: the top 5 finishers in each Championship race (Junior 800, Junior 1600, Senior 800 and Senior 1600) will receive medals. Athletes in the open races do not receive awards.

Results: final entry lists and results will be posted at dct.live and ultimately Milesplit

Questions: please direct questions to Coach Barry Haworth (bmhaworth@louisville.edu).