MIC Track Invitational Information Sheet

Kokomo is excited to host the 2023 MIC Middle School Track meet. We anticipate an exciting day of track and field. Our facility is an all-weather track around the turf football field, we do ask that there is no chewing gum, food or sunflower seeds inside the track area. Please find below further details your school and coaches will need to prepare for the event. If you have any questions, please feel free to email me, jpeckinpaugh@kokomo.k12.in.us.

Where: Kokomo High School's Walter Cross Stadium

When: Saturday May 13, 2022 9:00 AM

Schedule: 8:15 coaches meeting

9:00 Field Events

10:00 Trials

10:45 Finals

1:00 (Appx) Awards will be distributed to coaches

Admission: $5.00 for all admittance

Participants: Hamilton Heights, Kokomo, Lewis Cass, Logansport, Northwestern, Tipton and Western. Each school will enter a combined 6th-8th grade boys and girls team. There will be one girl's champion and one boys champion for each event.

Entries: Each school may enter (2) participants in all events. An athlete may participate in (4) events, (2) of which may be relays. Alternates (up to two) must be listed to place them in an event. All scratches will be made on the event sheets at the coaches meeting. Prior to the coaches meeting, all implements will need to be taken into the football locker room by 8:00 am to be weighed and marked. Implements not marked by the official will not be allowed to be used.

Bibs: Bibs will not be used this year. Hip numbers are to be worn during the race on the left thigh.

Trials: Trials will be run in the 100/110 hurdles and sprints (100/200). Starting blocks will be provided. Upon second call of the running events athletes must report to the clerk of the course for their lane and number assignments. Athletes that do not show up to the clerk will forfeit their entry. Alternates may only be entered prior to the meet starting at the morning meeting.

Awards: A medal will be awarded to each boy's and girl's champion. In addition, a trophy will be awarded to the winner of the MIC meet.

Workers: **All teams shall provide two adult workers.** Please list the workers name on the entry form and event preference (back up timer, field event judge.)

Team Camps: All camps should be located outside the infield. Only the officials and tournament workers are allowed in the infield. Coaches are regulated to the designated coaching areas at each event.

Entry form: Please submit your entries and roster by 12:00 pm on Wednesday, May 10th, 2023 to Direct Athletics. Directions are attached to the email. Also include the complete team roster for your school. You can email your rosters to mconner@kokomo.k12.in.us.

Field Event Information: There will be 3 attempts allowed in the long jump, discuss and shot put. All events are considered finals and will conclude all competition at the conclusion of the third attempts. High jump opening height will be determined by meet management prior to the start of field events. There will be no pole vault. Athletes must check out with the official running the event if they need to participate in a running event. You must return to your field event within 5 minutes of completion of your running event. Failure to return will result in a scratch of the remaining attempts. The flights of the field events may continue while the athlete is participating in a running event.

Field Events (9:00)

Girls Shot Put, High Jump, followed by Boys	(girls shot weight = 4Kg)
Boys Discus, and Long Jump followed by Girls	(girls discus weight= 1Kg)

**2400m Run, boys and girls, will be completed during field events.

Trials (10:00)

Girls 100m Dash trials
Boys 100m Dash trials
Girls 100m Hurdles trials
Boys 110m Hurdles trials
Girls 200m Dash trials
Boys 200m Dash trials

Finals:

Girls 100m Hurdles
Boys 110m Hurdles
Girls 100m Dash
Boys 100m Dash
Girls 1600m Run
Boys 1600m Run
Girls 400m Relay
Boys 400m Relay
Girls 400m Dash- timed finals
Girls 400m Dash- timed finals
Boys 400m Dash- timed finals
Boys 400m Dash- timed finals
Girls 200m Hurdles-timed finals
Boys 200m Hurdles-timed finals
Girls 800m Run
Boys 800m Run
Girls 200m Dash
Boys 200m Dash
Girls 1600m Relay
Boys 1600m Relay