

Rocket High School Distance Night

Assumption Green

Tuesday, April 24, 2018

Rocket HS Distance Night is created for all levels of distance competitors with the goal of running a personal best time in the 800, 1600 or 3200 in a festive, fun environment. Races will be run in the evening in each of three different divisions (Open, Frosh-Soph and Varsity), with the faster races being held later at night.

Race Divisions: *all athletes should be entered in one of the following 3 divisions*

Open Division: athletes in any grade level

Frosh-Soph Division: athletes in 9th or 10th grade (MS athletes eligible to compete with a HS team may compete in this division, but must be entered as part of their HS team)

Varsity Division: athletes in any grade level

Entry deadlines: *note that if the meet reaches capacity prior to either of the deadlines below, then we will have to close the meet in advance of these deadlines.*

Standard entry deadline: Saturday, April 21 at 6:00pm

All entries made before the entry deadline must be submitted through the Milesplit website and may be made in any of the 3 divisions (Open, Frosh-Soph or Varsity). If an athlete runs faster than their seed time at a meet on Saturday, April 21, and that meet does not get entered into Milesplit before our entry deadline, then please contact us with that mark. Pending verification, we will use the improved mark in the seeding process.

Late entry deadline: Sunday, April 22 at 6:00pm

*All late entries **will only** be considered for Open Division races. No late entry will be allowed into a Frosh-Soph or Varsity division race, as those races will have already been seeded.*

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 (Open, Frosh-Soph and Varsity Division) or all girls races (Open, Frosh-Soph and Varsity Division).

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

Late entries: \$10 per individual (unlimited individuals, but we will not cap the overall amount – i.e. coaches with 1 late entry pay \$10, coaches with 10 late entries pay \$100).

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:

Varsity and Frosh-Soph races: top 6 finishers get medals

Open race: no awards

Communication: 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.

Meet director Barry Haworth's email address is: *bmhaworth@louisville.edu*

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

Entry and Seeding

Entry process

1. All entries in each of the three divisions must be submitted through Milesplit. We do not accept entries via email prior to the standard entry deadline. If you have any questions over the entry process, then you should contact Coach Haworth or the Milesplit webmaster asap.
2. After the standard entry deadline passes, any additional entries can only be submitted via email to Coach Haworth at *bmhaworth@louisville.edu*. We will need the name of the athlete, school, grade level and the open event preferred by that coach. Note that late entries must still satisfy any existing entry restrictions (see below). If a late entry email is not **received** by the late entry deadline, then that athlete cannot be accepted into the meet.
3. Coaches should enter all athletes in one event. Athletes entered in two or more events will be dropped from the longer event during seeding.
 - When the meet is seeded, only the top 16 athletes will remain in the Frosh-Soph and Varsity races. All remaining athletes will be moved to the respective Open race. E.g., if an athlete is entered into the Frosh-Soph 800 and is not one of the top 16 athletes in that event when the event is seeded, then that athlete will be moved to the Open 800.
 - Athletes entered into the Varsity Division 3200 will be dropped to the Open Division 1600. If the athlete does not meet our performance standard for the Open Division 1600, then the athlete will be dropped to the Open Division 800.

Entry Considerations: *to assist coaches with the entry process, here is a discussion that we hope will help when coaches consider where to enter their athletes.*

- **Frosh-Soph and Varsity Division races:** here (below) are suggested guidelines for coaches to consider when deciding upon entries in a Frosh-Soph or Varsity division race.

Note that these are only suggested guidelines. We may accept slower entries, but simply achieving a guideline does not guarantee acceptance into a Frosh-Soph or Varsity event – as final seeding decisions are based on the current year's field.

Performance Guidelines	Girls	Boys
Frosh-Soph Division 800m run	3:10	2:45
Frosh-Soph Division 1600m run	7:00	6:00
Varsity Division 800m run	2:40	2:15
Varsity Division 1600m run	6:30	5:30
Varsity Division 3200m run	15:00	12:00

- **Open Division race:** coaches should enter athletes into an Open Division race if that coach is reasonably sure their athlete cannot satisfy the guidelines for a Frosh-Soph or Varsity race or if the coach prefers that their athlete compete in a less competitive event. When considering an athlete for the Open Division 1600m run, we prefer athletes who meets the performance standard below. Athletes not meeting this standard should be entered in the Open Division 800m run.

Performance Guidelines	Girls	Boys
Open Division 1600m run	7:30	6:30

Seeding:

- **Varsity races:** the Varsity races will accept athletes with the top 16 times across all entries in the Varsity 800, Varsity 1600 and Varsity 3200, based on a verifiable season best from the 2018 indoor/outdoor season (including indoor performances from December, 2017).
- **Frosh-Soph races:** the Frosh-Soph races will accept athletes with the top 16 times across all entries in the Frosh-Soph 800 and Frosh-Soph 1600, based on a verifiable season best from the 2018 indoor/outdoor season (including indoor performances from December, 2017).
- **Open races:** includes any athletes not accepted into a Frosh-Soph or Varsity race, or that coaches have specifically entered into a less competitive Open race. Note that although we may move athletes from a Varsity or Frosh-Soph race to an Open race, we will not unilaterally move athletes from an Open race to a Varsity or Frosh-Soph race.

The entry process on which seeding is based has been set up so that seed times are reported as Spring/Outdoor season bests. If athletes have a 2018 Winter/Indoor season best that is better than their 2018 Spring/Outdoor season best, then please contact Coach Haworth with the athlete's 2018 Winter/Indoor season best and the meet info for that performance.

Seeding will reflect all published performances through Saturday, April 21. If a meet does not publish results prior to seeding, then we cannot use those results to seed athletes. Relay splits are not used for seeding, as relay splits are not included in published results.

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
5:15	Coaches Meeting	
5:30	800m Open Girls - section 1	(TBA)
5:35	800m Open Boys - section 1	(TBA)
5:40	1600m Open Girls – section 1	(TBA)
5:50	1600m Open Boys – section 1	(TBA)
6:00	800m Open Girls – section 2	(TBA)
6:05	800m Open Boys – section 2	(TBA)
6:10	1600m Open Girls – section 2	(TBA)
6:20	1600m Open Boys – section 2	(TBA)
6:35	AHS Senior Night Celebration	
6:55	Star Spangled Banner	
7:00	800m Open Girls – (fast) section 3	20
7:05	800m Open Boys – (fast) section 3	20
7:10	1600m Open Girls – (fast) section 3	20
7:20	1600m Open Boys – (fast) section 3	20
7:30	3200m Varsity Girls	16
7:50	3200m Varsity Boys	16
8:05	800m Frosh-Soph Girls	16
8:10	800m Frosh-Soph Boys	16
8:15	1600m Frosh-Soph Girls	16
8:25	1600m Frosh-Soph Boys	16
8:35	800m Varsity Girls	16
8:40	800m Varsity Boys	16
8:45	1600m Varsity Girls	16
8:55	1600m Varsity Boys	16