

Midwest Indoor Championship

Hosted by UW-River Falls

Saturday, April 1st, 2023

Eligibility: Any varsity athlete (High school or middle school) in WI, MN, IA, IL.

Coaches Hospitality: Provided in the RCU Room of the Falcon Center, 2nd floor, above the athletic offices. Panera pastries & coffee for breakfast. Powerade, water, coke products, coffee throughout the day. BBQ or similar provided for lunch.

Awards: T-shirts for every competitor. Embroidered Nike backpack for event winners. Embroidered Nike spike bag for runners-up. Trophies for team champions.



Entries: The top 24 paid entries per event will be accepted to compete. Entries must be submitted through Athletic.net. Entry deadline is Noon, Monday, March 27th, 2023. Entries must be a verifiable performance accomplished between 1/1/22 and 3/26/23 (outdoor marks may be used). 60m / hurdle entry times should all come from outdoor 100m / hurdle performances to prevent trying to convert times.

Protests: Coaches or athletes may protest the validity of any entry at any time until 3pm, Monday, March 27th, 2023 by emailing Andrew.eggerth@uwrf.edu. Coaches or athletes whose marks have been challenged will be given until 6pm 3/27/23 to provide proof of performance. If the performance has not been verified by 6pm, the protested performance will be disqualified and a new athlete will be moved into the top 24.

Entry Fee: \$30 per athlete, per event. \$50 per relay (all four relay members receive awards if 1st or 2nd place).

Payment: At the close of entries if you are entered and in the top 24 you are agreeing to pay the published entry fee, whether you compete or not. Payment may be made online or by cash/check (to UWRF T&F). Payment must be received by the coaches meeting Saturday morning to be allowed to compete. Anyone not showing up to compete will be billed. Those not in the top 24 entries (ie. Not accepted to the competition) will not be billed.

Clerking: All general warm-ups will be conducted in Hunt Hockey Arena and check-in / clerking will happen in Hunt arena. ****Please be sure your assistant coaches and student-athletes know where to warm-up and check-in.**** If an athlete is competing in a field event and running event, they should check-in for the running events in Hunt arena (and get their hip number) before going to their field event.

Warm ups: All warm-ups will be done in the Hunt Arena hockey complex. Spikes should be carried to the track (not worn in Hunt Arena or the hallway). Only the very final event specific warm-ups will be permitted on the track (ie. jump approaches)

Team Camps: In the Hunt Arena hockey complex spectator seating. No personal gear or team camps are allowed at the indoor track. Any items laying around will be removed.

Athletic Trainers: Athletic trainers and facilities/equipment/ice will not be provided. Please bring a trainer with you if desired. If emergency medical attention is needed, we will call paramedics.

Coaches Meeting: 9:00am in the RCU Room. Please invite all assistant coaches so everyone knows procedures for the meet.

SPIKES: *****Due to the warranty of our surface, **only 1/4" Pyramid Spikes will be permitted**. Athletes will not be allowed into the facility with incorrect spikes. If caught using illegal spikes, they will be disqualified and removed from the facility.

Spectator Pricing:

\$10/person

Free if under 4 years old

Results: FastFinishResults.com

Locker Rooms: Provided for changing and showers.

Location:

Knowles Center- UWRF Indoor Track

1110 S. Main St.

River Falls, WI 54022

Parking: Pay3 Lot just south of the Falcon Center

Hotel:

Radisson Hotel

100 Spring St.

River Falls, WI 54022

****A room block will be held for 3/31/23 and 4/1/23 per your needs, at a discounted rate.*

Across the street from campus (10-15min walk to/from the track)

More details to come.

Running Event Protocols:

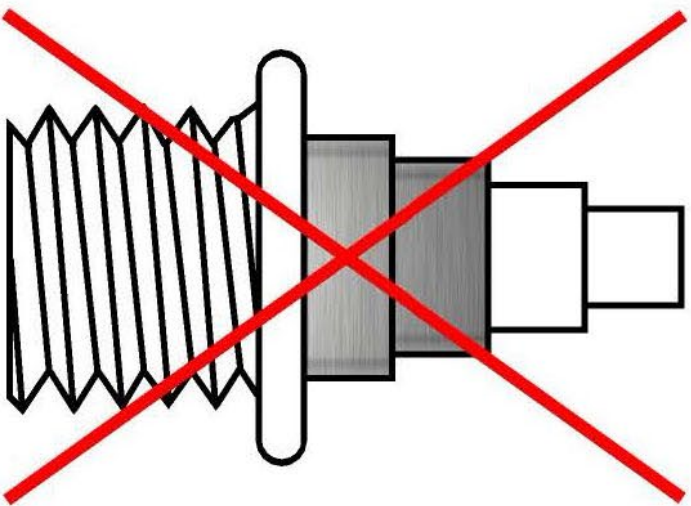
- Prelim seeding will be serpentine with randomized lanes.
- Timed finals will be run slow to fast
- 200m & 400m finals will be 2 sections of 4 runners, using lanes 3-6, seeded:

• Lane	Section 1	Section 2
• 6	4	2
• 5	3	1
• 4	6	5
• 3	8	7

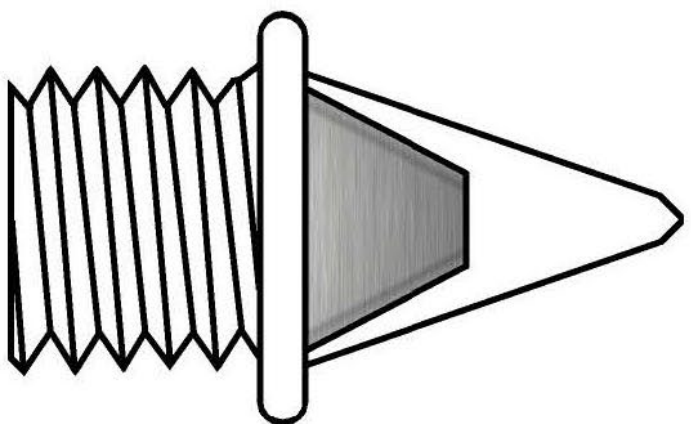
Field Event Protocols:

- NO running backward on runways to find approaches
- LJ, TJ, and SP will have 2 flights of 12 competitors followed with 3 extra attempts in the finals for the top 9 competitors after trials.
- Up to A 15min flight specific warm up period will be allowed for each flight. Finals will begin as soon as order is determined.
- We will roll ahead in the horizontal jumps, starting as early as possible.
- Two shot put circles will be used for boys and girls to throw simultaneously.
- Athletes may check out of vertical jumps for races with a 10 minute period to return. If they have not returned within 10 minutes the competition will continue and they may take any remaining attempts wherever the bar is at.
- Vertical jumps will be contested straight through the order (no five alive)
- The pole vault runway will open at 9am for warm-ups.
- Boys PV (by the track entrance) will have a progression of 9' – 10' – 10'6" + 6".
- Girls PV (by the throws cage) will have a height progression of 7' – 8' – 8'6" + 6".
- HJ will have 1 pit
- Girls HJ progression: 4'2" – 4'6" – 4'9" – 4'11" – 5'1" + 2" increments
- Boys HJ progression: 4'10" – 5'2" – 5'5" – 5'8" – 5'10" + 2" increments
- Boys HJ will start 30min after girls HJ has completed. Please have your athletes put their marks down and take warm-up jumps immediately to maximize their opportunity.

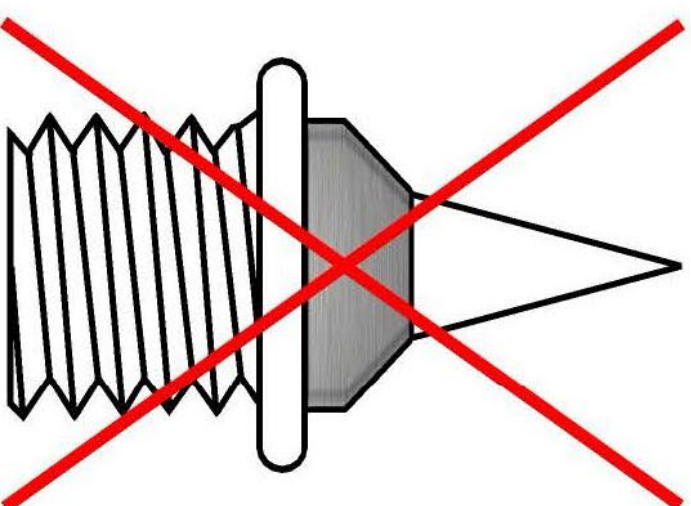
****Height progressions may be edited once we see actual entries****



NO



1/4"



NO

**Christmas
Tree Spike
Pins**

Pyramid

Item #6650-1/4
from MF Athletics
(800) 556-7464

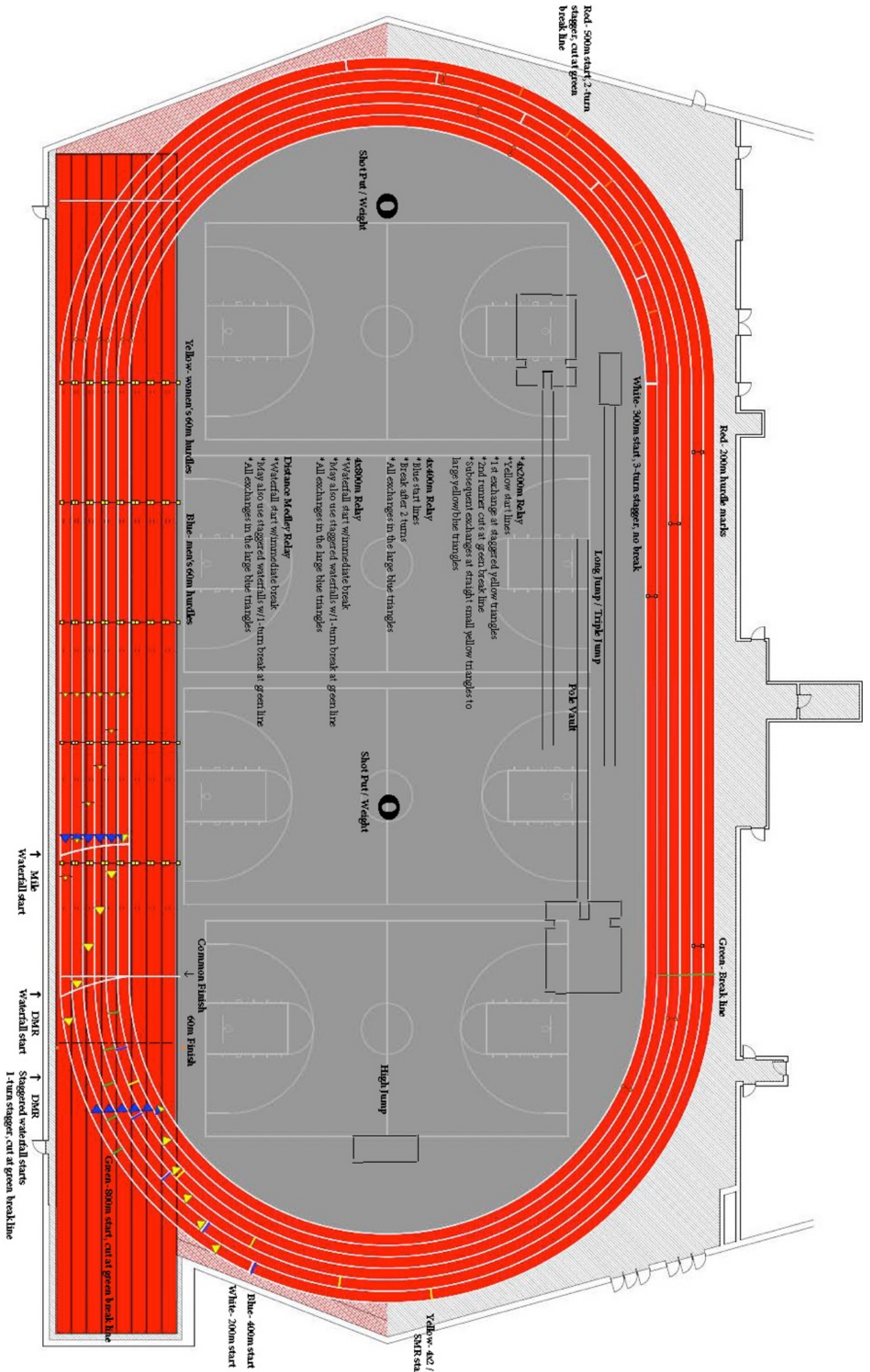
**Needle
Spike
Pins**

Automatic Qualifying Marks:

<u>Event</u>	<u>Boys</u>	<u>Girls</u>
60m	7.30	8.20
60m Hurdles	8.20	9.00
200m	22.00	25.50
400m	50.00	58.50
800m	1:57.00	2:17.00
1600m	4:20.00	5:07.00
3200m	9:29.00	11:05.00
4x2 Relay	1:30.00	1:45.50
4x4 Relay	3:27.00	4:40.00
4x8 Relay	8:10.00	9:45.00
Shot Put	52'0"	38'0"
Long Jump	22'0"	17'6"
Triple Jump	44'0"	37'0"
High Jump	6'4"	5'4"
Pole Vault	13'3"	10'9"

Guesstimated marks to be in the top 24 accepted entries:

<u>Event</u>	<u>Boys</u>	<u>Girls</u>
60m	7.60	8.50
60m Hurdles	10.50	10.80
200m	25.00	28.00
400m	58.00	1:07.00
800m	2:10.00	2:35.00
1600m	4:50.00	5:35.00
3200m	10:30.00	11:40.00
4x2 Relay	1:46.00	2:04.00
4x4 Relay	3:50.00	4:40.00
4x8 Relay	9:10.00	11:15.00
Shot Put	38'6"	30'0"
Long Jump	18'0"	14'0"
Triple Jump	37'6"	31'6"
High Jump	5'2"	4'6"
Pole Vault	10'0"	8'0"



Red- 500m start, 2-turn stagger, cut at green break line

Red- 200m hurdle marks

White- 300m start, 3-turn stagger, no break

Long Jump / Triple Jump

Pole Vault

Green- Break line

Shot Put / Weight

Yellow- women's 60m hurdles

Blue- men's 60m hurdles

Shot Put / Weight

Common Finish 60m Finish

High Jump

Green- 800m start, cut at green break line

Blue- 400m start
White- 200m start

Yellow- 4x2 / SMR start

Mile
Waterfall start

DMR
Waterfall start

DMR
Staggered waterfall starts
1.4 turn stagger, cut at green breakline

- 4x400m Relay**
 - * Yellow start lines
 - * 1st exchange at staggered yellow triangles
 - * 2nd runner cuts at green break line
 - * Subsequent exchanges at straight small yellow triangles to large yellow/blue triangles
- 4x400m Relay**
 - * Blue start lines
 - * Break after 2 turns
 - * All exchanges in the large blue triangles
- 4x800m Relay**
 - * Waterfall start with immediate break
 - * Waterfall start staggered waterfalls w/ 1-turn break at green line
 - * All exchanges in the large blue triangles
- Distance Medley Relay**
 - * Waterfall start with immediate break
 - * Play also use staggered waterfalls w/ 1-turn break at green line
 - * All exchanges in the large blue triangles

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TENTATIVE AS OF 11/1/2022

9:00am	Coaches Meeting
	FIELD EVENTS
10:00am	Girls High Jump
~1:30pm	Boys High Jump follows girls
10:00am	Boys Pole Vault
~2:00pm	Girls pole Vault follows boys
10:00am	Girls Shot Put (in the cage)
10:00am	Boys Shot Put (middle infield ring)
9:45am-11:45am	Boys Long Jump
~12:15pm-2:15pm	Girls Long Jump
~2:45pm-4:45pm	Boys Triple Jump
~5:15pm-7:15pm	Girls Triple Jump
	RUNNING EVENTS
10:00am	Boys 60m Hurdle Prelims (3 sections)
10:20am	Girls 60m Hurdle Prelims (3 sections)
10:35am	Girls 60m Prelims (3 sections)
10:45am	Boys 60m Prelims (3 sections)
11:00am	Girls 4 X 800m Relay Finals (2 sections)
11:25am	Boys 4 X 800m Relay Finals (2 sections)
11:50am	Girls 60m Hurdles Finals
12:00pm	Boys 60m Hurdles Finals
12:10pm	Girls 60m Finals
12:15pm	Boys 60m Finals
12:20pm	Girls 1600m Finals (2 sections)15min
12:35pm	Boys 1600m Finals (2 sections)15min
12:50pm	BREAK
1:50pm	Girls 4 x 200m Relay Finals (4 sections) 15+min
2:10pm	Boys 4 x 200m Relay Finals (4 sections) 15+min
2:25pm	Girls 400 Meters Dash Prelims (4 sections) 15min
2:40pm	Boys 400 Meters Dash Prelims (4 sections)15min
2:55pm	Girls 800m Finals (3 sections) 15min
3:10pm	Boys 800m Finals (3 sections) 15min
3:25pm	Girls 200m Prelims (4 sections) 15min
3:40pm	Boys 200m Prelims (4 sections) 15min
3:55pm	Girls 400m Finals (2 sections of 4 runners) 10min
4:05pm	Boys 400m Finals (2 sections of 4 runners) 10min
4:15pm	Girls 200m Finals (2 sections of 4 runners) 10min
4:25pm	Boys 200m Finals (2 sections of 4 runners) 10min
4:35pm	Girls 3200m Finals (2 sections) 35min
5:10pm	Boys 3200m Finals (2 sections) 30min
5:40pm	Girls 4 x 400m Relay Finals (4 sections) 25min
6:05pm	Boys 4 x 400m Relay Finals (4 sections) 20min
6:25pm	Running events concluded
6:40pm	Team awards if Girls TJ will not change the Team outcome