

**Mid-State Indoor Meet Information**  
**Tuesday, March 18th, 2025**  
**University of Indianapolis (ARC Facility)**  
**6:00 Start Time**

**Team Area:**

Located outside of the track there is a large area that still has turf (approximately 50 yards in length and 20 yards wide). All teams will camp in this area which will leave almost the entire infield open for warm-ups.

**General Info:**

- Starting blocks will be provided by UNIDY (Please do not bring your own starting blocks).
- All shot puts will be provided for this meet (outside shots will **not** be allowed during this competition)
- ¼ inch Pyramid spikes only (**Please no Christmas Tree spikes**)

**Entry Fee:**

Teams will divide up all expenses (rental, timing, officials, and any other necessary costs)

Only teams from the Mid-State conference will take place in this event. (no outside teams or individuals)

**Entries:**

Entries are to be made through [www.directathletics.com](http://www.directathletics.com). Entries must be submitted by Sunday, March 16<sup>th</sup> at Midnight.. **You may enter up to 2 relay teams per event and 4 individuals in the running events, We will limit the field events to 3 entries per team due to time.** Heat and flight sheets will be emailed out as soon as they are completed.

**Scratches:**

Please do your best to make sure your entries are correct. The more changes we have to make on the day of the meet the less likely we will start on time and it increases the chances of mistakes in the timing. We will have scratch sheets available upon arrival (and please take care of this ASAP).

**Order of running events: (Girls followed by boys)**

60 Meter Hurdle Prelims  
60 Meter Dash Prelims  
3200 Meter Run  
60 Meter Hurdle Finals (Top 8 athletes)  
60 Meter Dash Finals (Top 8 athletes)  
4 x 800 Meter Relay  
4 x 200 Meter Relay  
Distance Medley Relay (1200,400,800,1600)  
4 x 400 Meter Relay

**Field Events:**

**Pole Vault-** Boys and girls will jump simultaneously on separate pits.

**High Jump-** Girls first with boys to follow.

**Shot Put-** Boys first, followed by girls (top 9 athletes will make finals)

**Long Jump-** Boys and girls will jump at the same time into different pits.

**Opening Heights:**

Pole Vault: Girls 6-0 with 6" increments to 10' and 3" increments after  
Boys 9-0 with 6" increments to 13' and 3" increments after

High Jump: Girls 4' 2" with 2" increments to 5' (1" increments above 5')  
Boys 5' 2" with 2" increments to 6' (1" increments above 6')

**Distance Races:**

We will have a split sheet for all distance coaches to fill out to avoid errors in timing (or kids not running enough laps). Please be sure to have one of your coaches counting laps for the distance runners and relays teams. All split sheets will be turned in at the timing table at the conclusion of the event.

**Each school is in charge of working the following area/field event:**

Plainfield- Boys and Girls Pole Vault

Greenwood- High Jump (Girls and Boys)

Perry Meridian- Girls Long Jump

Mooresville- Boys long jump

Decatur Central- TBD

Franklin- Help with shot put (provide shot put retrievers and tape measure helpers)

Martinsville- Shot Put

Whiteland- Hurdles and meet director

Hoosier State Relays Finals information is available on the [www.iatccc.org](http://www.iatccc.org) website.

If you have any questions please feel free to call or email Brandon Bangel. My cell phone number is (317) 345-3247 and email is [bbangel@cpcsc.k12.in.us](mailto:bbangel@cpcsc.k12.in.us).