

Marquette High “Flying” Hilltopper Track Distance Squad Meet Information Sheet

Meet: Lake Michigan Invitational at Carthage College

Approximate location: 2001 Alford Park Dr Kenosha, WI 53140

(262) 551-8500 – I-94 South (east) Exit Cty Hwy E, follow E to Hwy 32, south on Hwy 32 to college.

Date: Saturday, March 22, 2014

Uniform Pick-up: 7:45 a.m.

Departure: 8:00 a.m.

Start Time: 10:00 a.m.

Projected Finish Time: 4:00 p.m.

What to bring: Sweat pants, sweat top, long-sleeve t-shirt, short-sleeve t-shirt, socks, training shoes, racing shoes, water, recovery protocol, books (you will have enough downtime to finish some school work).

Misc:

- Running event check in will be in front of the racquetball courts on the first floor. Please check in 20-25 minutes prior to your event. Athletes will be escorted from the check in area to the track.
- ¼ inch pyramid spikes.
- If you are leaving with your parents following your race and cool-down, you must check out with the lead distance coach at the meet.
- If you are leaving with someone else’s parents, you must provide a **written note** from **YOUR** parent allowing you to leave with your friend’s parent. No Parent Note = Ride the bus.

RUNNING EVENTS - BEGINNING AT 10:00 A.M. Boys only meet.

All events run as sections against time. Fast sections will run first!

4 X 800 METER RELAY – 10:00 am (depending on heat)

55 METER HURDLE

55 METER DASH

1600 METER RUN – 11:30ish

4 X 200 METER RELAY

400 METER DASH

800 METER RUN – 1:00 ish

200 METER DASH

3200 METER RUN - 2:00 ish

4 x 400 METER RELAY - **Heinrich**

DAY	MEET LOCATION	4 x 800	1600(2)	800(2)	3200(2+wc)
Sat 3/22	Lake Michigan Indoor @ Carthage	DeMuelenaere, Conlon, VonEstorff, Idarraga	Heinrich, Burbach Henrich 4 x 4	Idarraga, Von Estorff	Bauer, Carter, Matzuk