

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

Meet: Greater Metro Conference Relays

Approximate location: Quad Park

Date: Wednesday, May 7, 2014

Uniform Pick-up: None – you should already have a uniform and wind – top. Need to make sure all relays match.

Departure: Head to Quad after school. Bring all your gear, books, etc.

Start Time: Field events 3:30 pm
Running 4:30 pm

Projected Finish Time: 7:45 pm

Order of Events: 4:30 Running Events – **Girls First, Boys Second**

Distance Medley Relay – Girls (400-800-1200-1600)
Distance Medley Relay – Boys (400-800-1200-1600) – 4:45 pm
300 M HH Shuttle – Girls (finish is at the common finish line)
330 M HH Shuttle – Boys
400 M Relay – Girls – approx. 5:20 pm
400 M Relay – Boys
6400 M Relay – Girls – approx. 5:30 pm
6400 M Relay – Boys – approx. 6:00 pm
800 M Medley Relay – Girls (200-100-100-400)
800 M Medley Relay – Boys (200-100-100-400)
900 M Low Hurdles – Girls – approx. 6:35 pm
900 M Intermediate Hurdles – Boys
800 M Relay – Girls – approx. 6:50 pm
800 M Relay – Boys
3200 M Relay – Girls – approx. 7:00 pm
3200 M Relay – Boys – approx. 7:15 pm
1600 M Relay – Girls
1600 M Relay – Boys

What to bring: Rain gear, extra shorts and t-shirts Sweat pants, long-sleeve t-shirt, short-sleeve t-shirt, extra socks, training shoes, racing shoes (spikes 1/4 exposed), water, recovery protocol, books (you may have enough downtime to finish some school work).

Note: This is a conference championship meet. The expectation is that following your race(s) you stay for the entire meet and cheer on your teammates.

Dist Med 4, 8, 12, 16 4:45 pm	4 x 1600 – 6 pm	4 x 800 – 7:15 pm
Steinhafel, Idarraga, DeMeulenaere, Heinrich	Conlon, von Estorff, Bauer, Burbach	DeMeulenaere, Poorman, Matzuk, Heinrich Alt: Idarraga