

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

**Meet:** Menomonee Falls JV Invitational @ Menomonee Falls High School

**Approximate location:** Appleton Ave – between Lilly and Pilgrim Rds

**Date:** Thursday, April 10, 2014

**Uniform Pick-up:** Wednesday after practice

**Departure:** 2:30 pm – Hustle down after 2<sup>nd</sup> period and load the bus.  
(You will be excused from your 1<sup>st</sup> period class.)

**Start Time:** 4:30 pm

**Projected Finish Time:** 7:00 pm

**Order of Events:** 4 x 800, 100 HH, 100, 1600(5:15ish), 4x200, 400, 4x100, 300 IH, 800(6:00ish), 200, 3200 (6:30ish), 4 x 400

**What to bring:** Sweat pants, sweat top, long-sleeve t-shirt, short-sleeve t-shirt, socks, training shoes, racing shoes (1/4 inch exposed, pyramid spikes), water, recovery protocol, books (you may have enough downtime to study for Fri tests/quizzes), **rain gear**, a change of warm and dry clothes.

**Misc:**

- 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.
- This meet does not run late into the evening and encourage you to stay for the entire meet to cheer your distance teammates in the later events.

4 x 800(1)	1600(4)	800(4)	3200(4)
Malone, Mateo-Rodriguez, Eder, V Rettko	von Estorff, Rauh, Elliott, Nolan	Kloser, A Rettko, Jenouri, Grum	Idarraga, Ehrlich, Merrill, McKenna