

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

Date: Saturday, April 12, 2014

Meet: Hale Mondo Invitational @ West Allis Hale

Directions: 116th St between Lincoln Ave. & Cleveland Ave.

Breakfast: Eat a light breakfast to help kick-start your metabolism and to help fuel your body. Avoid, sugar, dairy, and high protein. Eat foods higher in carbs that are easy to digest. Eg. Wheat toast, bagels, etc. with a small amount of peanut butter, low sugar jelly, etc., pancakes with apple sauce, oatmeal. Chew your food well to aid in digestion. You know best what your body can handle. Drink water. Avoid acidic juices like orange juice. Guys racing later in the day should also have a light, easy to digest lunch.

Uniform Pick-up: 7:45 am. Saturday

Departure: 8:00 am

Start Time: 9:30 - Field/10:00 am – Running

Approximate Boys Race Times

4 x 800 -10:10 am

1600 – 11:00 am

800 – 12:45 ish

3200 – 1:30 ish

Order of Events: Girls+Boys+WC – 4 x 800 (1+1), 110 HH (2+3), 100 (3+4+1), 1600 (1+2), 4 x 200 (2+2), 400 (3+4+1), 4 x 100 (2+2), 300 IH (3+3), 800 (2+3), 200 (3+4), 3200 (1+1), 4 x 400 (2+2)

Projected Finish Time: 2:15 pm

What to bring: Sweat pants, sweat/wind top, long-sleeve t-shirt, short-sleeve t-shirt, socks, training shoes, racing shoes (**3/16 exposed pyramid spikes**), rain gear, water, recovery protocol, something to read, lunch, snacks, \$ for food.

Back at MUHS: 3:00 pm

4 x 800	1600(2)	800(2)	3200(1)
None	Bauer(2), Cappon(2)	Heinrich(3), DeMeulenaere(3)	Conlon(1)

More Meet Info and Results: www.pttiming.com