

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

Meet: Homestead JV Indoor Invitational @ Homestead High School

Approximate location: 5000 W Mequon Rd. , Mequon, WI 53092

Date: Tuesday, March 25, 2014

Uniform Pick-up: During 1st period in laundry room

Departure: 2:30 pm

Start Time: 4:00 pm

Projected Finish Time: 7:00 pm

Distance Events: 1600 Meter Run – 5:00 pm ish
800 Meter Run – 6:00 pm ish

What to bring: Sweat pants, sweat top, long-sleeve t-shirt, short-sleeve t-shirt, socks, training shoes, racing shoes(no spikes), water, recovery protocol, books (you may have enough downtime to finish some school work).

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.

1600 – Unl	800 - Unl
J. Giese, Heinen, H. Hill, Jaskolski, Kloser, Lopez, McCaffrey, Merrill, A. Rettko, Roeske, Sargent, Sharafinski, Wexler	Acevedo, Baisden, B. Giese, Grum, J. Hill, Johnson, Malone, McKenna, Nolan, Rivera, C.Sanchez, H. Sanchez