

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

Meet: JV Conference Indoor

Approximate location: Brookfield East HS - Lilly Rd and Burleigh Rd

Date: Saturday, March 29, 2014

Uniform Pick-up: Friday after practice

Departure: 6:30 a.m.

Start Time: 8:00 a.m. – Field /8:30 a.m - Track

Projected Finish Time: 11:00 a.m.

Order of Events: 4 x 800, 55 HH, 55 dash, 1600, 6 lap relay, 400, 4 lap relay, 800, 200, 3200, 4 x 400

What to bring: Sweat pants; sweat top, long-sleeve t-shirt, short-sleeve t-shirt, socks, training shoes, racing shoes no spikes (rubber soled racers) water, recovery protocol, books.

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.
- If you live near Brookfield East and your parent is driving you to the meet arrive by 7:15 a.m.

4 x 800	1600(3)	800 (3)	3200(3)
Sjogren, Baisden, Nolan, McKenna	Carter, Mateo-Rodriguez, Malone	V. Rettko, A. Rettko, McCaffrey	Rauh, Merrill, Elliott