

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

Meet: Homestead JV Jamboree @ Homestead HS

Approximate location: Mequon and River Rds., Mequon, 53092

Date: Tuesday, April 29, 2014

Uniform Pick-up: Monday after practice.

Departure: 2:30 pm – You will not attend your 1st period class. You are responsible for any missed work, tests, quizzes etc. Please be proactive and contact your teacher regarding your absence in advance.

Start Time: 4:00 pm

Projected Finish Time: 7:00 pm

Order of Events: 100 HH, 100, 1600, 4x200, 400, 4x100, 300 IH, 800, 200, 3200, 4 x 400

What to bring: Sweat pants, sweat top, long-sleeve t-shirt, short-sleeve t-shirt, socks, **rain gear**, training shoes, racing shoes (spikes 3/16 exposed), 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.
- Eat a healthy, easy to digest lunch. Avoid sugar, chips, and junk food. Eat a lunch similar to what you would eat the day of a challenging workout. PB&J sandwich on wheat bread, banana, pear, etc. Drink plenty of water.

1600	800	3200	4 x 400
Malone, Sharafinski, Lopez, Giese, C Sanchez, Jaskolski, J Hill, Gamero, Jenouri	McCaffrey, Baisden, Heinen, Meyer, Acevedo, H Sanchez, Grum	Fendt, Wexler, Sjogren, H Hill, Sargent	A. Baisden, McCaffrey, Fendt, Sharafinski B. Lopez, Giese, Sanchez, Malone C. J Hill, Gamero, Jenouri, Jaskolski

Many of you are racing 2 events which means multiple warm-ups and cool-downs.

1600/3200 – full 15 minute run after 1600 to aid in flushing lactic acid, stretch.
Allow for a 30 min WU for 3200 – 10 min run, drills & strides.

1600/4 x 4 – full 15 minute run after 1600 to aid in flushing lactic acid, stretch.
Allow for a 30 min WU for 4 x 400 – 10 min run, drills & strides.

800/4 x 400 - your cool-down from 800 is your 4 x 400 WU – full 15 min run after the first race then move into drills and strides.