

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

Date: Saturday, May 10, 2014

Meet: Marquette Invitational @ Quad Park

Uniform Pick-up: Friday after practice

Arrive at Quad: 9:00 am

Race Times: 10:15 am 4 x 800

Order of Events: 4 x 800, 110HH, 100, 1600, 4 x 200, 400, 4 x 100, 300 IH, 800, 200, 3200, 4 x 400

Projected Finish Time: 2:00 pm

What to bring: Sweat pants, sweat/wind top, long-sleeve t-shirt, short-sleeve t-shirt, socks, training shoes, racing shoes (1/4 exposed pyramid spikes), water, recovery protocol, something to read/school work, lunch, snacks, \$ for food.

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.

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

4 x 800/800 – full 15 min cool-down, stretch. WU: dynamics, 10 min run, drills & strides.

4 x 800/3200 – full cool-down, stretch, eat & drink. WU: dynamics, full 10 min run, drills & strides.

1600/800 – your cool-down from 1600 is your 800 WU – full 15 min run after the first race then move into drills and strides. Stay warm by easy jogging. Make sure you do some more strong stride-outs before final check-in.

1600/3200 – full 15 minute run after 1600 to aid in flushing lactic acid, stretch.
Allow for a 35 min WU for 3200 – dynamics 10 min run, drills & strides.

1600/4 x 4 – see 1600/3200 double.

800/4 x 400 - your cool-down from 800 is your 4 x 400 WU – full 10 min run after the first race then move into drills and strides. Stay warm by easy jogging. Make sure you do some more strong stride-outs before final check-in.

Everyone should do at least a 10 min running cool-down after their 2nd race.

		MUHS JV					
		Saturday, May 10, 2014					
<u>4 x 800</u>	<u>YR</u>	<u>1600</u>	<u>YR</u>	<u>800</u>	<u>YR</u>	<u>3200</u>	<u>YR</u>
Kloser, John	10	von Estorff, Keegan	11	Rauh, Caeleb	10	Kloser, John	10
Rauh, Caeleb	10	Mauk, Ryan	10	Jenouri, Anthony	10	Nolan, Ben	10
Sjogren, Nico	11	Fendt, Kieran	11	Sanchez, Hector	11	Mateo-Rodriguez, Angel	10
Jaskolski, Charlie	10	Giese, Ben	10	Grum, Paul	10	Sjogren, Nico	11
		Lopez, Saul	11			Sanchez, Christian	10
		<u>4 x 400</u>					
		<u>JV -Distance A</u>					
		von Estorff, Keegan	10				
		Mauk, Ryan	10				
		Rauh, Caeleb	10				
		Fendt, Kieran	11				
		MUHS Freshmen					
		Saturday, May 10, 2014					
<u>4 x 800</u>		<u>1600</u>	<u>YR</u>	<u>800</u>	<u>YR</u>	<u>3200</u>	<u>YR</u>
McKenna, James	9	Malone, Matt	9	McKenna, James	9	McCaffrey, Cal	9
Baisden, Jacob	9	Wexler, Ryan	9	Merrill, Anthony	9	Rettko, Andrew	9
Sargent, Thomas	9	Hill, John	9	Baisden, Jacob	9	Sharafinski, Ryan	9
Hill, Henry	9	Gamero, Fernando	9	Acevedo, Armando	9		
				Meyer, Brian	9		
<u>4 x 400</u>							
McKenna, James	9						
Malone, Matt	9						
Baisden, Jacob	9						
Hill, John	9						