

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

Date: Saturday, May 3, 2014

Meet: Marquette Invitational @ Quad Park

Uniform Pick-up: Friday after practice

Arrival: 9:00 am - 4 x 800, 1000, 1600
11:15 am – 800 and 3200

Race Times: 10:20 am 4 x 800
11:40 am – 1000
12:15 pm – 1600
1:40 pm – 800
2:20 pm - 3200

Order of Events: 4 x 800, 100 trials, 110 HH trials, 1000, 110HH finals, 100, 1600, 4 x 200, 400, 4 x 100, 300 IH, 800, 200, 3200, 4 x 400

Projected Finish Time: 3:00 pm

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

4 x 800 (10:30)	1000	1600	800	3200
None	Matzuk (2) Bauer (1)	Burbach, von Estorff, Conlon – 2 nd of 3	Heinrich (4), Demeulenaere (3)	Bauer, Idarraga, Cappon All – 1 st heat

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, late breakfast/early lunch.