

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

Date: Saturday, April 5, 2014

Meet: Madison West Relays

Location: Camp Randall Sports Center (The Shell) on UW Madison Campus.

Address: 1430 Monroe St, Madison, WI 53711

Phone: (608) 263-6566

Travel Time: Approximately 80 minutes from MUHS

What to bring: Sweat pants, sweat top, long-sleeve t-shirt, short-sleeve t-shirt, socks, training shoes, **racing shoes (1/4 exposed spikes)**, water, recovery protocol, books, \$ for food.

Uniform Pick-up: 2:00 pm

Departure: 2:15 pm

Start Time: 4:30 pm

Order of Events: Times are approximate

55 HH Trials – 5 heats

55 Dash Trials – 6 heats

55 HH – Semis – 3 heats

55 Dash – Semis – 3 heats

4 x 800 – 2 Heats (1)

Break – until 6:30 pm.

55 HH Finals

55 Dash Finals

1600 – 2 Heats – 6:40 pm (2)

4 x 200 – 4 heats – 6:55

400 Dash – 4 heats – 7:15

4 x 100 – 4 heats – 7:30

800 Run – 2 heats – 7:50 (1)

200 dash – 4 heats – 8:00

3200 run – 2 heats (only 19 entrants, we'll see if they combine) – 8:15 (2)

4 x 400 – 4 heats – 8:45

Projected Finish Time: 9:15 pm

Traditionally we have stopped to eat dinner (Rocky Rococo's) on our way out of Madison.

Back at MUHS: 11:30 pm ish

4 x 800	1600 (1)	800 (1)	3200 (1)
Steinhafel, Idarraga, Conlon, Matzuk	DeMeulenaere	Burbach	Heinrich