

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

Meet: Racine Park JV Invitational @ Racine Washington Park High School

Approximate location: 1901 12th St, Racine, WI 53403. Follow I-94 South to HWY 20 - East (Washington Ave). Follow HWY 20 east to the light at West Blvd, turn left off Washington onto 12th Street. Continue East on 12th St. approx. ½ mile. Pass the school; turn right, the field house is on your right.

Date: Thursday, April 10, 2014

Uniform Pick-up: 3:30 pm

Departure: 3:45 pm

Start Time: 6:00 pm

Projected Finish Time: 8:30 pm

Return to MUHS: 9:30 pm

Distance Events: 4 x 800 – 6:00 ish – confirm with coach
1600 Meter Run – 6:45-7:00ish – confirm with coach
800 Meter Run – 7:45-8:00ish – confirm with coach
3200 Meter Run – 8:30ish – confirm with coach

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

What to bring: Sweat pants, sweat top, long-sleeve t-shirt, short-sleeve t-shirt, socks, training shoes, rain gear for WU and CD, racing shoes (no spikes), water, recovery protocol

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.
- Due to the number of test and quizzes that may take place on Friday, we encourage you to leave with your parents following your cool-down.

4 x 800 (2)	1600 (6)	800 (6)	3200 (3)
Jaskolski, H Hill, Heinen, Lopez	Sjogren, Baisden, Sargent, Wexler, J Hill, C Sanchez	Giese, Rivera, Sharafinski, Acevedo, Gamero, H Sanchez	None

