

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

Date: Tuesday, May 13, 2014

Meet: Tosa East Richmond/Erickson Invite @ Hart Park

Meet Info: www.pttiming.com

Directions: 72nd and State St.- Wauwatosa

Uniform Pick-up: Monday after practice.

Departure: 3:00 pm

Start Time: 4:00 pm – Field Events
5:00 pm – Running Events

Order of Events: Girls/Boys – 4 x 800, 110 HH, 100 dash, 1600, 4 x 200, 400, 4 x 100, 300 IH, 800, 200, 3200, 4 x 400

Projected Finish Time: 8:30 pm

What to bring: **RAIN GEAR**, 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.

Note: No food or sports drinks are allowed inside the fence on the track area. Water is OK.
There are absolutely no warm-ups, strides, etc. allowed on the field turf.

4 x 800(5:15)	1600(6:15ish)	800(7:30ish)	3200(8:00ish)	4 x 400 (8:30ish)
Burbach, Kloser, Cappon, Matzuk	DeMeulenaere, Bauer, Idarraga	Heinrich, Burbach, Cappon	M Burbach, Conlon, von Estorff	Steinhafel, Poorman, Matzuk Heinrich Alt: DeMeulenaere, Idarraga

Breakfast: Eat your normal breakfast to help kick-start your metabolism and 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.

Lunch: Eat the types of food you normally eat on hard workout days. 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 meet – It is important that you eat nutritious foods during the day that will fuel you for your race. While foods like pretzels won't give your stomach much trouble, they are not the kind of fuel that will aid your race. A healthy, low protein, high carb, easy to digest snack around the time we arrive at the meet makes sense. Again, chew your food well to aid in digestion. Stay hydrated.