

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

Meet: WIAA Sectional @West Allis Hale

Approximate location: 116th Street between Lincoln Ave. and Cleveland Ave.

Directions: I -94 west to 894 south, exit Lincoln Ave. to 116th St., left on 116th to the track

Date: Friday, May 30, 2014

Uniform Pick-up: Should have yours from Tuesday

Departure: 2:30 pm –

Start Time: 4:00 pm – Field/4:45 pm - Track

Projected Finish Time: 8:30 pm

Order of Events: 4:45 Running Events – **Girls First, Boys Second**

400 M Co-ed Wheelchair
3200 M Relay – B- 5:00 pm
30 minute Break
100M High Hurdles Finals
110M High Hurdles Finals
100M Dash- Finals
100 M Coed Wheelchair
1600M Run G – 6:05 B – 6:15
800M Relay
400 M Dash
400M Relay
300M Low Hurdles (Girls)
300M Intermediate Hurdles (Boys)
800M Run G – 7:10 B – 7:15
200M Dash Finals
3200M Run G – 7:30 B – 7:45
1600M Relay
1600 M Co-ed Wheelchair – 8:15

What to bring: Rain gear, extra shorts and t-shirts Sweat pants, long-sleeve t-shirt, short-sleeve t-shirt, extra socks, training shoes, racing shoes (spikes 3/16 exposed), water, recovery protocol.

Misc: This is a championship meet. The expectation is that following your race(s) you stay for the entire meet and cheer on your teammates.

4 x 800 5:00	1600 6:15	800 7:15	3200 7:45
Poorman, DeMeulenaere, Matzuk, Heinrich Alt: Idarraga, von Estorff	Bauer, Conlon	Heinrich	None