

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

Meet: Brookfield East Fr/So Invite

Approximate location: Lilly Rd and Burleigh Rd

Date: Monday, May 5, 2014

Uniform Pick-up: 2:15 pm - Monday.

Departure: 2:30 pm – You will not attend your 8th period class. You are responsible for any missed work, tests, quizzes etc. Please be proactive and contact your teacher regarding your absence in advance.

Start Time: 4:00 pm

Projected Finish Time: 7:00 pm

Order of Events: 4 x 800, 100 HH, 100, 1600, 4x200, 400, 4x100, 300 IH, 800, 200, 3200, 4 x 400

What to bring: Sweat pants, sweat top, long-sleeve t-shirt, short-sleeve t-shirt, rain gear, socks, training shoes, racing shoes (**spikes 3/16 exposed**), water, recovery protocol, books (you may have enough downtime to finish some school work).

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.
- Eat a healthy, easy to digest lunch. Avoid sugar, chips, and junk food. Eat a lunch similar to what you would eat the day of a challenging workout. PB&J sandwich on wheat bread, banana, pear, etc. Drink plenty of water.

| 4 x 800 (4:00 pm) | 1600 (4:45ish) | 800(5:45ish) | 3200(6:15ish) |
|--|-----------------------|--------------------------|----------------------|
| Malone, McCaffrey, Wexler, Mateo-Rodriguez | Ehrlich, Eder, Nolan | Kloser, McKenna, Merrill | Rauh, Mauk, Sargent |