

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

Date: Tuesday, May 20, 2014

Meet: Greater Metro Conference Outdoor @ Sussex Hamilton High School

Approximate location: Hamilton High School, W220 N6151 Town Line Road, Sussex

Uniform Pick-up: Monday after practice

Departure: 1:30 pm

Start Time: 2:30 pm - field 3:30 pm –track

Projected Finish Time: 7:30 pm

Order of Events: 3:30 Running Events – **Girls First, Boys Second**

3200 M Relay

100M Dash Trials

100M High Hurdles Trials

110M High Hurdles Trials

200M Dash Trials

15 minute Break

100M High Hurdles Finals

110M High Hurdles Finals

100M Dash- Finals

1600M Run

800M Relay

400 M Dash

400M Relay

300M Low Hurdles (Girls)

300M Intermediate Hurdles (Boys)

800M Run

200M Dash Finals

3200M Run

1600M Relay

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 1/4 exposed), water, **recovery protocol**, books (you will have enough downtime to finish some school work).

Breakfast: Eat breakfast to help kick-start your metabolism and to help 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. Chew your food well to aid in digestion. You know best what your body can handle. Drink water. Avoid acidic juices like orange juice. Eat a healthy, easy to digest lunch. Avoid sugar, chips, and junk food.

Lunch: 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.

3200 Runners – Bring, healthy, easy to digest food. You will want to eat something a couple/few hours before your race.

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

4 x 800(3:40)	1600 (5:15ish)	800 (6:30ish)	3200 (7:00ish)
Poorman, Conlon, Idarraga, Matzuk	Heinrich, Cappon, Mauk	Heinrich, Matzuk, von Estorff	DeMeulenaere, Burbach, Bauer