

## Marquette High "Flying" Hilltopper Track Distance Squad Meet Information Sheet

**Date:** Saturday, April 26, 2014

**Meet:** Wisconsin Lutheran Invitational @ Wisconsin Lutheran High School

**Meet Info:** [www.wiscotrack.com](http://www.wiscotrack.com)

**Directions:** 2 blocks south of 84<sup>th</sup> and Bluemound Rd.- Wauwatosa

**Uniform Pick-up:** Friday after practice

**Departure:** 8:30 am – be at school at 8:15 am - 3200 guys – consult me.

**Start Time:** 10:00 am 4 x 800 –  
Approx 11:15 for finals after 30 min break. (In the past break has been removed due to weather conditions.)

**Order of Events:** Girls/Boys – 4 x 800, 100 trials, 110 HH trials, **15 min break**, 100 finals, 110HH finals, 1600, 4 x 200, 400, 4 x 100, 300 IH, 800, 200, 3200, 4 x 400

**Projected Finish Time:** 3:30 pm

**What to bring:** 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. Make sure you have enough warm clothes.

**Back at MUHS:** 4:00 pm

4 x 800 (10:15)	1600(2) Noonish	800(2) (1:30ish)	3200(2+wc) (3:00ish)
Carter, von Estorff, Matzuk, Idarraga	Heinrich, Bauer	Idarraga, von Estorff	Burbach, Demeulenaere, Conlon

**Breakfast:** Eat a light 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.

Guys racing later in the day – It is important that you eat nutritious foods early in the day that will fuel you during 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. You should also have a light, easy to digest lunch.

# WLHS Viking Invite 2014

## Order of Events

### Field Events

9:30am	Pole Vault	Boys, followed by Girls (1-1-1) 5 Alive
	Discus	Boys, followed by Girls (1-1-1)
	Shot Put	Girls, followed by Boys (1-1-1)
	High Jump	Two pits (1-1-1) 5 Alive
	Triple Jump	<u>West Runway</u> – Trials in Flights; Reverse Order Finals
		Boys 9:30am (1-1-1)
		Girls Approximately 12:00pm (1-1-1)
	Long Jump	<u>East Runway</u> - Trials in Flights; Reverse Order Finals
		Girls 9:30am (1-1-1)
		Boys Approximately 12:00pm (1-1-1)

### Running Events

10:00am	Girls 4 x 800 Relay	Clerk South
	Boys 4 x 800 Relay	Clerk South
	Girls 100 HH Trials	Clerk North
	Boys 110 HH Trials	Clerk North
	Girls 100 Dash Trials	Clerk North
	Boys 100 Dash Trials	Clerk North

### 15 Minute Break, followed by opening ceremony

Girls 100 HH Finals	Clerk North
Boys 110 HH Finals	Clerk North
Girls 100 Dash Finals	Clerk North
Boys 100 Dash Finals	Clerk North
Girls 1600 Final	Clerk South
Boys 1600 Final	Clerk South
Girls 4 x 200 Relay	Clerk South
Boys 4 x 200 Relay	Clerk South
Girls 400 Final	Clerk South
Boys 400 Final	Clerk South
Girls 4 x 100 Relay	Clerk South
Boys 4 x 100 Relay	Clerk South
Girls 300 IH Finals	Clerk Southeast
Boys 300 IH Finals	Clerk Southeast
Girls 800 Finals	Clerk South
Boys 800 Finals	Clerk South
Girls 200 Finals	Clerk South Pole Vault Pad
Boys 200 Finals	Clerk South Pole Vault Pad
Girls 3200 Finals	Clerk South
Boys 3200 Finals	Clerk South
Girls 4 x 400 Relay	Clerk South
Boys 4 x 400 Relay	Clerk South