

## Monta Vista Track & Field 2015 Season Schedule

Subject to Change

	<b>Date</b>	<b>Meet</b>	<b>Notes</b>
	Feb 2	First Day of Practice 3:20pm	Physical & paperwork req!
	Feb 6	Last day for paperwork	
	Feb 12	Parent Meeting	Library
	Feb 16-20	Winter Break/Opt. Practices	
	March 7	Willow Glen Invitational	Anyone
	March xx	The 2nd Annual 400 Festival	All
	March 10	@Fremont + Homestead	All
	March 14	K-Bell Invitational Los Gatos	For qualification runs
	March 18??	Stanford Entry Deadline??	
	March 19	@Santa Clara	
	March 20	Arcadia Declaration Deadline	
	March 20	TKA Distance Carnival	Distance
	March 21	St Francis Invitational	Anyone/qualify some events
	March 25	Arcadia Entry Deadline	
	March 28	Azusa Meet of Champions	Distance
	March 28	Firebird Invitational	Jumpers, Sprinters, Hurdlers
	March 28	Serra Throwers Meet	Throwers
	March 29	Arcadia Update Deadline	
	March 29	Penn Relays Entry Deadline	
	April 2	Wilcox @ MV	All
	?	F/S Top 8	?Not yet CCS Approved?
	Apr 3/4	Stanford Invitational	Must qualify
	April 6	Penn Relays Update Individual Events	
	April 7	Cupertino @ MV	All
	Apr 10/11	Arcadia Invitational	Must qualify
	April 11	Cupertino-DeAnza Invite	Anyone; tentative
	April 13	Penn Relays Update Deadline 4x800 and DMR	
	Apr 13-17	Spring Break/Opt. Practices	
	April 17	Top 8	Must qualify
	April 20	Boston Marathon	
	April 23-24-25	Penn Relays	For the really, really elite.
	April 25	Pacific Grove/Rotary Invite	Anyone
	April 28	Saratoga @ MV	All
	May 4	El Camino League Trials	@ Monta Vista
	May 6	El Camino League Finals	@ Monta Vista
	May 15	SCVAL Championships	Los Gatos
	May 19	Team Banquet	MV Cafeteria/Student Union
	May 23	CCS Semi-Finals	SJCC or Gilroy
	May 29	CCS Finals	SJCC or Gilroy
	June 5-6	State Finals	Buchanan (Clovis)

## Elite Meet Qualification Summary and MV Records

Event	MV Record	Frosh/Soph Classic	Stanford <sup>1</sup>	Arcadia <sup>2</sup>	Penn Relays	Top 8 <sup>3</sup>
100 (B/G)	10.74/ 12.07	Top 32/24 times	11.39/12.79	11.09/12.85		11.4/12.99
200	21.82/ 25.00	Top 32/24 times		22.71/26.50		23.1/26.6
400	48.46/ 56.14	Top 24/16 times	51.99/60.49	50.79/59.03		52.0/61.4
800	1:54.28/ 2:17.03	Top 36/24 times		2:00.5/2:21.3		2:01.8/2:28.0
1600	4:12.44/ 5:08.47	Top 32/32 times	4:29.9/5:17.9	4:26.99/5:16.0	4:20/5:05	4:33.5/5:24.0
3200	8:59.82/ 10:56.86	Top 36/20 times	9:59.9/11:44.9	9:49.99/11:32.0	9:23/11:06	10:12/12:04
HH	14.97/ 14.70	Top 24/16 times	15.99/16.49	15.73/16.45		15.5/16.9
IH	38.06/ 45.24	Top 24/16 times	43.49/49.99	40.34/48.75	38.0/46.0	42.24/49.90
4x100	43.01/ 48.21	Top 24/16 times	Top 36 teams	44.30/48.75		44.9/52.8
4x400	3:23.06/ 4:04.11	Top 24/16 times	Top 36 teams	3:28.30/4:07.60	3:40/4:20	3:39.9/4:26.0
4x800			Top 36 teams	8:18/10:00	8:08/9:40	
4x1600				18:40/22:35 <sup>4</sup>		
1600 SMR				3:42.00/4:29.99		
DMR			Top 36 teams	10:54/13:22	10:35/12:30	
Shot	56'7"/ 36'9"	Top 16/16 marks	47-00/34-00	50-00/36-05	53' 5 3/4"/ 39' 8 1/2"	47-05/33-01
Discus	179'11"/ 135'1"	Top 16/16 marks	140-00/100-00	148-00/111-00	150' 11"/114' 10"	141-05/102-00
LJ	23'0"/ 18'3.5"	Top 18/16 marks	21-06/16-06	21-05/16-01	22'7 3/4"/17' 10 3/4"	22-11/16-00
TJ	45'9"/ 38'1"	Top 18/16 marks	42-06/35-00	43-03/34-10	45' 11 1/4" / 37' 3"	42-09/33-04
HJ	6'8"/ 5'6"	Top 16/14 marks	6-02/5-01	6-03/5-01	6'7"/5'6"	6-01/5-00

The Willow Glen Classic, Serra Throwers Meet, De Anza Invitational, and Serra Top 7 have in the past accepted all of Monta Vista's entries. In El Camino Division Finals, each team is generally allowed three entries per event, per division (there are some exceptions if we have more than three athletes with very strong marks). The adidas Meet of Champions (800, 1600, and 3200 only) granted MV twelve entries for 2013.

<sup>1</sup> Stanford has minimum marks to get into their system, and then accept the 20-54 best marks, depending upon the event.

<sup>2</sup> Minimum marks to enter but do not guarantee entry.

<sup>3</sup> Times are minimum times. 12-16 best marks per event are entered. FS boys qualify from FS Classic.

<sup>4</sup> Average is 4:40 per 1600 for boys, 5:38 per 1600 for girls.

# Monta Vista Track and Field 2015

## A Few Important Notes

### Monta Vista Track & Field is a Team, not a club

Athletes will not be cut solely for athletic performance, however athletes may be cut for lack of effort or for poor attitudes at the coaches' sole discretion. Coaches care more about how committed you have chosen to be to your team and your own improvement than we care about the genetic gifts you inherited. Half-hearted effort (as judged by your coach), chronic lateness or unexcused absences, cutting out early, being a distraction to anyone and similar behavior does not help the athlete or the team, no matter how fast you are. If you are not working hard and demonstrating commitment in the eyes of your coach, you will be given the opportunity to find an activity other than track and field. All Monta Vista High School rules and code of conduct apply to athletes; breaking a rule is grounds for dismissal from the team.

### Earning PE Credit

PE credit is school credit; if you want credit you should think of your sport as a class. In order to earn PE Credit, you have the following requirements.

- You may miss no more than 5 practices during the course of the season. We will take attendance every day. Practice times and locations for different events may vary (throws, hurdles, for example) and you must be able to accommodate schedule changes (the team will not accommodate your convenience).
  - It is an absence if you are late to practice.
  - It is an absence if you leave before practice ends.
  - You may miss a practice if you are sick and you do not attend school that day at all.
  - You may not miss a league meet, including league finals and SCVAL finals. If you do not qualify for these events, you will come and be a worker.
- If you are injured and will not be able to train:
  - Bring a doctor's written note.
  - You must still come to practice; you can exercise, help with team tasks or do homework. (You may miss practice if you have physical therapy scheduled for your injury during practice, and have provided coaches with written back up including contact information for your therapist).
  - You must still come to meets; you can work on the meet and cheer on your teammates.

If you cannot meet these attendance requirements, if you are still willing to work hard the coaches may, at their discretion, still keep you on the team. If the coaches decide to allow you to stay on the team with less attendance requirements, you will not earn PE credit.

Even if you attend practices, you may still be cut for lack of effort, or for attitude, at the discretion of the coach and you will not earn PE credit.

Seniors who need PE credit in order to graduate must sign and have their parents sign an acknowledgement of these rules and an understanding that if they are cut, they will not graduate with their class; and that they had the option to take a PE class instead.

### Excused Absences

An absence may be excused at one of the coaches' discretion. The request is more likely to be granted if:

1. You have a chance for a unique academic opportunity ("I have a chance to interview Bill Clinton".).
2. You are part of an important family event ("My grandmother having her 80<sup>th</sup> birthday party.")
3. A medical appointment.
4. The request is for something unique and valuable academically/educationally.
5. You make the request in the first two weeks of practice using the advance request form (you know when your grandmother's birthday is!).

There will not be an excused absence for a regular after school class or club you sign up for, play a club sport, take a review session, you want to leave early on Friday for a weekend or similar things. You have 5 free absences to use for absences that are not coach approved, so use these days wisely.

We all chose to join track. Since we chose to be here, we should also choose to perform our **best**.

***Working hard to become our best is not a sacrifice—this is simply what we do.***

## SENIORS JOINING TRACK AND FIELD

Monta Vista track and field is a team, not a club. I understand that I may be cut for breaking any team rule, and that I may also be cut from the team if the coaches decide, in their opinion, that I am not giving my full effort or that I do not have a positive personal or team attitude. I understand and agree that while this may not seem objective, I have joined this team knowing that I am expected to be on time every day, to have a positive attitude, to cheer on my teammates, to give my best effort work hard and to improve every day, and I trust the coaches in evaluating my effort and attitude and will accept their judgment.

I understand that if I am cut, and I needed PE credit to graduate, I will not graduate with my class.

If I think this is not reasonable, and I don't trust the coaches' judgment, then I don't have to join the team—I have been given the option of joining a PE class to earn PE credit, and I made my own choice to join the track & field team or not.

I do NOT require PE credit to graduate:

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Print Name

#####

I DO require PE credit to graduate:  
(IF SO, PARENTS MUST ALSO SIGN)

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Print Name

I understand that my child was offered and has declined the option of taking PE class, and that if he or she is cut from Track & Field he or she will not graduate in June:

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Print Name