

Monta Vista Track Team 2015
Willow Glen Track and Field Invitational
Saturday, March 7, 2015

Location

2001 Cottle Avenue, San Jose, CA 95125

The track is at the back of the school, there is parking on Cherry Avenue close to the grandstands.

Meet Overview

This is a fairly new, nice and fast track and a great place for your first race of the season. Also, this is the site of Coach Flatow's high school glory years—he was a Willow Glen Ram and wore red and gold before switching to purple! It's a well-run meet and this is the 10th annual meet, but the races are fairly low-key so no need to be stressful. This is a good chance to get your racing legs back and have some fun!

This meet is on a rolling time schedule, and is getting popular—the last few years there were dozens of heats in the 100m and 200m events. Pay attention to the time and what is going on in the meet! Coaches will help you but ultimately being ready to go and on the starting line on time is your responsibility. You must be there at least an hour before your event, however I suggest you get there earlier than that to sign in, chill, and have plenty of warm up time.

Note: Check in at the course registrar as soon as you arrive! This line can get long at WG. Usually the registrar is under the stands, near the finish line. MV sets up in the stands directly above the registrar, near the finish line.

3 Things Your Coach Would Like You to Focus on at Willow Glen

1. **Preparation:** Warm up more than you think you need to. High school athletes hardly ever warm up enough. Try getting really warm and see what it feels like when you race. You should be a little sweaty at the starting line.
2. **Positive Mental Attitude:** Say it out loud when you are on the starting line—***'This is a GREAT day to race!'*** (Every day is a great day to race, isn't it?)
3. **Demonstrate that Monta Vista values the racing community:** Thank at least one of the officials or volunteers for being out there helping with the race. We would not have track and field without their efforts. MV is known for sportsmanship, the more officials and volunteers will look out for us and help us. Thank everyone you can, this costs you nothing and your words mean more than you. PLEASE make an effort and go find **Coach Santamaria** from Willow Glen, he will be wearing red, and introduce yourself...you will be meeting one of the really fine coaches in our area.

Notes

- Get to bed early no matter what time your race is! Let's say, be in bed at 10pm.
- Get up at least 3 hours before your race start.
- Eat a good breakfast – on race day, I like a banana, toast, and some protein such as peanut or almond butter, orange juice. A lot of people like oatmeal with some raisins and nuts. If you are not racing until the afternoon, a slightly bigger breakfast

and a snack about 3 hours before your race is a good idea—even a full lunch if you are in the last race of the day. This is YOUR fuel so pick out what works for you. Whatever you eat, I suggest you write your menu down; afterwards, if you have a good race, you might want to repeat this routine. If you don't run very well, maybe this menu is something to think about changing.

- Bring a snack/lunch for after your race. A mix of protein and carbs are good, such as a peanut butter and honey sandwich, or a turkey sandwich, and a piece of fruit. Chocolate milk is a good recovery drink and tastes good too. Try to eat something small, with protein and carbohydrates, within 30 minutes of finishing your warm down, and have a complete meal within 2 hours of finishing.
- Check the weather report to figure out what clothes to bring! Right now the weather looks good. Dry clothes for after the race.
- You are responsible for arranging how to travel to and from the meet!

Don't forget to pack

- Your school issued uniform.
- Running shoes, spikes, extra spikes, spike wrench or throwing shoes. Check and change your spikes the night before!
- Warm up shoes and socks.
- Vaseline to lubricate spikes before screwing them into shoes.
- Extra clothing as needed—sweats, dry clothes, even underwear and socks in case of cold, rainy, or hot weather.
- **Water and water bottle!!!** And food.
- Sunscreen, hat, sunglasses.
- Garbage bags are good to keep your gear dry or can be emergency rain gear.
- Toilet paper (invitational meets always run out).
- Any medications you need.
- Hair ties.
- Homework for any downtime.
- \$\$\$ (emergencies, food, t-shirt—they do sell meet t-shirts at WG for \$15, usually very nice...)

Entries and Target Time Schedule (Rolling Time Schedule)

Bring this with you so you know when you will be running. Note that later horizontal jumps often run late—be patient. Bring water, and if it is warm, consider bringing a big umbrella for shade, and if cold, something warm.

8:30am	FSB High Jump	FSG Discus	FSB Shot Put	FSB Long Jump	VB Triple Jump	FSB Pole Vault
9:00am	FSB 3200m Run					
9:20am	FSG 3200m Run					
9:40am	4x100m Relay	FSB	FSG	VG	VB	
10:30am	High Hurdles	VG 100m	FSG 100m	VB 110m	FSB 65m	
10:30am	VB High Jump	VG Discus	VB Shot Put	VB Long Jump	VG Triple Jump	FSG Pole Vault
11:15am	VG 3200m Run					
11:30am	100m Dash	FSB	FSG	VG	VB	
Noon	VB 3200m Run					
12:30pm	200m Dash	VG	VB	FSB	FSG	
12:30pm	FSG High Jump	FSB Discus	FSG Shot Put	FSG Long Jump	FSG Triple Jump	VG Pole Jump
1:30pm	800m Dash	VG,	VB	FSG	FSB	
2:30pm	Intermediate Hdl	FSG	VG	FSB	VB	
2:30pm	VG High Jump	VB Discus	VG Shot Put	VG Long Jump	FSB Triple Jump	VB Pole Vault
3:15pm	400m Dash	VG	VB	FSG	FSB	
4:00pm	1600m Run	VG	VB	FSB	FSG	
5:00pm	4x400m Relay	FSG	FSB	VG	VB	