

Monta Vista Track Team 2016
El Camino League Finals
Monday, May 2 and Wednesday, May 4, 2016

Location & Start

YOU are responsible for arranging your transportation to Saratoga High School, and you are responsible for being there on time! If you are driving, don't leave with an empty seat in your car (especially invite Freshmen and Sophomores who can't drive themselves). You are all smart—I know you can figure this out—you always do!

Saratoga High School
20300 Herrimen Ave, Saratoga

Starting time for both Trials and Finals days is 3pm. You will be released at lunch time on both days, this will give you plenty of time to get there. Please let us know if you have a conflict with AP testing on either day.

Entries

Entries will be finalized on Friday night. Hopefully we will have a final listing posted on Saturday morning. Please check back to mvrrunning.com during the weekend for a list of entries, this list will be posted under ANNOUNCEMENTS as either a link or a .pdf download. There will also be a posting, probably before I have it up on our site, on Lynbrook: <http://lynbrooksports.prepcaltrack.com/ATHLETICS/TRACK/2016/2016.htm>

Notes About Scheduling—Please Read This Section Carefully

Please note the time of your events carefully; since the Trials date is Monday, we will not be able to discuss this in practice the day before the meet.

- Monday trials will occur for all track events 400m long and less.
 - Longer races are straight to Wednesday finals EXCEPT...
 - The FSB and JVG 3200m races will be FINALS events on Monday.
- All Varsity field events will be held as FINALS on Wednesday.
- All FSB and JVG field events will be FINALS on Monday.

Meet Overview

League finals for the El Camino League: Wilcox, Santa Clara, Fremont, Mountain View, Saratoga and Cupertino—and Monta Vista! Top 5 finishers get awards...top 16 Varsity times from El Camino League and De Anza League move on to the SCVAL Qualifier meet, Friday May 13 at Los Gatos. For many of you, Leagues will be the last race of the year. **This is the meet to leave it all on the track! You have been training all year to be at your best, let's make a withdrawal on all your fitness deposits.**

Something inside of me just said 'Hey, wait a minute, I want to beat him,' and I just took off. —Steve Prefontaine

3 Things Your Coach Would Like You to Focus on at League Finals

- 1. Do not self-handicap:** Team, we have talked again and again about sleep, hydration and diet! So let's give ourselves a chance to do our best. Get good sleep over the weekend and Monday and Tuesday nights; to get the most out of your sleep, plan ahead and get ahead of your homework starting NOW. Eat healthy, with plenty of vegetables and protein, starting NOW. Hydrate—start carrying around water bottles and drink two bottles per day (you don't have to overhydrate—you can make yourself sick—just drink regularly) starting NOW! You have trained all season, get the **most** out of finals! *(also—if you have an AP test—you have been studying hard for the entire year for these tests—being rested and healthy should be more important than another hour of study at this point. Get more sleep and be rested for your AP test **and** your test on the track!)*
- 2. Effort and Focus:** The amount of effort you put into your race—your training—your life—is all decided in an agreement between YOU and YOU. So today, decide what you want to put into your race. It's all you. This is a good day to find out how much is inside you. This race is important to you, otherwise why would you have joined the team and decided to work hard all year—or for four years—to get to this point? Dig down deep! You cannot control where you place in your race, because you can't control the other athletes; but you are the one who determines how hard you try.
- 3. Be a solid part of the track community:** When you are done with your race or your event, cheer on your teammates don't just leave or sit around. **Thank volunteers and coaches that are working the meet—whomever is judging your event, when you are done, walk up to each of them and say thank you and shake their hand.** For example, if you are high jumping, when you are done thank the judge and both people who are lifting the bar. This means more than you realize. Throwers, walk out and say thanks to the people holding the tape all day, and jumpers thank the folks raking the sand all afternoon. Then, go watch an event, cheer on your teammates, when you see an impressive performance by anyone on any team go say so. Your actions MATTER. ***You can't control where you place in your event; you can control how gracious you are before and afterwards, towards your teammates, your competitors, and towards everyone around you.***

Notes

- Eat a good breakfast and a good lunch – pre-race, I like a banana, toast, and some protein such as peanut or almond butter, some honey for fun, oatmeal. A lot of people like oatmeal with some raisins and nuts. A good healthy lunch is needed too—turkey and avocado sandwich, PB&J, sushi, rice and chicken, whatever works for you. Try something that worked for you earlier this season. Whatever you eat, 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. The MV Boosters will also have the concession stand open.
- Check the weather report! It looks like it will be warm and dry. Dry clothes for after the race.

Don't bother just to be better than your contemporaries or predecessors. Try to be better than yourself. --William Faulkner

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...)

Schedule

Details are also at <http://lynbrooksports.prepcaltrack.com/ATHLETICS/TRACK/2016.htm>

Trials Schedule – Monday. 1:30pm Coaches' scratch meeting

3:00pm Trials begin. Rolling Schedule.

110 HH VB

65 HH FSB

100 HH VG, JVG

400M VG, VB, JVG, FSB

100M VG, VB, JVG, FSB

3200M JVG (Final)

300 IH VG, JVG, VB, FSB

3200M FSB (Final)

200M VG, VB, JVG, FSB

Field Events (all are finals) (4 attempts only, except HJ) (Note early start time)

Weigh-in 1:30-1:45pm, 2:45-3pm

2:00pm JVG HJ, JVG DT, JVG LJ, FSB TJ, FSB SP – Everyone in these events will be released at 12:25pm.

3:15pm FSB HJ, FSB DT, FSB LJ, JVG TJ, JVG SP

Finals Schedule – Wednesday 1:30pm Coaches' scratch meeting

3:00pm 4x100M VG, VB, JVG, FSB

3:20pm 1600M VG, VB, JVG, FSB

4:00pm 110 HH VB

4:05pm 65 HH FSB

4:10pm 100 HH VG, JVG

4:20pm 400M VG, VB, JVG, FSB

4:40pm 100M VG, VB, JVG, FSB

5:00pm 800M VG, VB, JVG, FSB

5:30pm 300 IH VG, JVG, VB, FSB

5:50pm 200M VG, VB, JVG, FSB

6:10pm 3200M VG, VB

6:40pm 4x400M JVG, FSB, VG, VB

Field Events (LJ, TJ, SP, DT, 3 attempts, then top eight 3 more attempts)

2:30pm VG LJ, VG HJ, VG DT, VB SP, VB TJ—Everyone in these events will be released at 12:25pm.

4:30pm VB HJ, VB LJ, VB DT, VG SP, VG TJ

The ultimate is not to win, but to reach within the depths of your capabilities and to compete against yourself to the greatest extent possible. When you do that, you have dignity. You have the pride. You can walk about with character and pride no matter in what place you happen to finish. –Billy Mills