

**Monta Vista Track Team 2017**  
**Monta Vista League Meet Hosting Cupertino**  
**Wednesday, April 5, 2017**

***The weather has become warmer—make sure you are hydrating well!***

**Transportation**

Guess what—this is our first home meet of the year! You don't need to arrange transportation, you simply have to remember to bring your uniform and walk out to our track. Yay!

**Location & Start**

Home meet! You know where our track is by now. You are released at 2:15 (however, if you are not in the 4x100 or the 1600 you probably don't have to leave class until a few minutes later). The meet is scheduled to start with the 4x100 at 3:15pm.

**Meet Overview**

This could be a very competitive set of meets. Last year, Cupertino and Monta Vista frosh-soph boys were co-league champions; this year, our FSB are 4-0 and want to keep our record perfect. Cupertino does not have a JV team so most of the girls will be running varsity.

Cupertino is a very organized team, and so are we, so we should be able to get done by 6pm. So plan on staying for the entire meet, cheering on your friends, and helping with hurdles etc.

Long and triple jump will be open pit from 3:30-5:00 but you **MUST** sign in by 3:30 and have all your run throughs done—we will not let anyone sign up late. For all field events, make sure you check in early!

**3 Things Your Coach Would Like You to Focus Upon**

1. **Go For It:** You should be in much better physical condition than when the season started! And this is one of two dual meets left. So test your limits and see how much you have improved! Get ready to give a full effort, which includes a good night's sleep, good meals, and thoughtful and thorough hydration.
2. **Positive Mental Attitude:** Remember that "***This is a GREAT day to race!***" Say this out loud when you are heading to the starting line (or the jump pit!). Get your head into a space where you are ready to compete your best. It's hot this week which is GREAT for track!
3. **Earn Karma Points:** Be good hosts to the Cupertino kids, wish them good luck before races, congratulate them afterwards, help them out if they are looking for places to warm up, say hi to their coaches. Thank the Monta Vista teachers and parents who come out to help us run the meet. Grab a hurdle so the same people are not moving everything! I know that many of you think I'm ridiculous about this...however you are building habits that will help make you a positive piece of our society for your entire life, as well as making our track life better.

## Notes

- You **MUST** be **marked with your ID number** before the start of the meet! **Know your ID number!**
- You must wear your school uniform!
- Get to bed early the night before! Let's say, be in bed at 10pm. You can still get your homework done—but there is probably no time for updating Facebook! ☺
- Bring a bottle for water.
- Eat well! Have a good breakfast – 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. For lunch, something healthy and not too heavy; maybe a turkey sandwich on whole-wheat bread, peanut/almond butter and jam sandwich (it's not just for kids!), or a pasta salad, a carrot, and some fruit (a banana is good!) and an oatmeal cookie. 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 for after you are done competing. A mix of protein and carbs are good, such as a peanut butter and jam sandwich, or nuts and a piece of fruit, or perhaps a good health bar.
- Check the weather report to figure out what clothes to bring! Have dry clothes for after the race (Monta Vista gear preferred, let's leave that old Warriors t-shirt at home!).

## 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! Don't get all agitated messing with spikes before the race.
- Warm up shoes and socks.
- Vaseline to lubricate spikes before screwing them into shoes.
- Extra clothing as needed.
- **Water** and water bottle!!! And food.
- Any medications you need.
- Hair ties.

## Schedule

Bring this with you so you know when you will be running—you should not need to ask your coach! Order is VBoys-VGirls-JVGirls-F-Boys unless noted. Listen for announcements, **ESPECIALLY FOR FIELD EVENTS**, as timing may change! **TIMES ARE ONLY AN ESTIMATE** we will move along as fast as we can—this is a rolling schedule! **BE FLEXIBLE AND BE TOLERANT** with the volunteers running the meet!

Event	<u>Guess at Time</u>	Notes
400 Relay	3:15	VG - VB – JVG- F/S B (girls may be combined into one heat so listen for announcements)
1600 (Mile)	3:25	All girls will run together (V and JV) then boys (V and FS may be combined, check in and starter will determine)
110/65/100 Hurdles	3:45	VB-FS-VG-JVG <b>Please</b> help with hurdles
400	4:15	VG - VB - JVG- F/S
100	4:35	VG - VB - (JVG) F/S Fill up all lanes—don't wait for an invitation!
800	4:50	VG-VB-JVG-F/SB. Waterfall start. Will combine all girls, maybe boys.
300 Hurdles	5:10	VG - JVG - VB - F/S <b>Please</b> help with hurdles
200	5:30	VG - VB - (JVG) F/S S Fill up all lanes—don't wait for an invitation!
3200	5:45	All divisions run together. <b>FINISH IN LANE 4!!!</b>
1600 Relay	6:00	VB&FS, and VG&JVG, girls will almost certainly be combined.
High Jump	3:30	Girls-FS-VB, rolling schedule
Shot	3:30	VB then JVG-VG-FS (check in early with judge to verify schedule; will be rolling schedule)
Discus	3:30	VG then FS-VB-JVG (check in early with judge to verify schedule; will be rolling schedule)
Long Jump and Triple Jump	3:30	Open pit until 5pm. Must check in and do run throughs before 3:30.

