

**Monta Vista Track Team 2017**  
**The Meet Sheet! Monta Vista League Meet vs. Saratoga**  
**March 16, 2017**

**Transportation**

YOU are responsible for arranging your transportation to Saratoga High School, and you are responsible to be 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—we always do!

**Location & Start**

Saratoga High School  
20300 Herrimen Ave, Saratoga

3:30pm—scheduled meet start. Plan to arrive by 2:15 to get settled. Warm-ups will be at 2:30ish (jog + drills). Warm up with your event group. All team members have been scheduled for early release at 1:45pm. If you are competing in the 4x100m, 1600m, or high hurdles you should be at Saratoga by 2:15, don't be late!

**3 Things Your Coach Would Like You to Focus on at Saratoga**

1. **We are a Team!** This is our first dual meet of the year and many of your teammates will be nervous. Go out of your way to be nice to all your teammates. If you see a freshman or sophomore who is not sure what to do during warm ups or where to be ready to compete, go ask them if you can help or answer. When you are not competing, go cheer for any of your teammates. Don't just sit around talking to your friends—cheer, make noise, be positive, have fun!
2. **Positive Attitude:** It is always a great day to race—if you want it to be a great day! If you had a good day at school, be happy about your day and roll into the track meet with a smile on your face; if you had a bad day, be happy that you can change your day and end by competing in a track meet! Always remember that we have been given strong healthy bodies that can go out and run, jump and throw...whether we are first or last we are still fortunate to have the ability to be out on the track. Take a moment to yourself and think about all the good things about your running or jumping or throwing, and then go say to one of your teammates 'isn't this a great day to compete?' You always compete better with a song in your heart and a smile on your face. You can *choose* to be positive!
3. **Track and Field Spirit:** This is a funny meet for us, as this was supposed to be a 'home' meet for Monta Vista however it was moved to Saratoga. So if you are done competing or have some spare time, I don't want you sitting around, I want you helping run the meet as if we were at home. You can help move the hurdles (and after the 300 hurdles, help put them away). You can go help Coach Herald judging and scoring the throws or help Coach Blomquist at the jumps. Or go ask Coach Flatow how you can help. Don't just be sitting around if others are working hard, jump in, show your spirit and help out!!!

## Notes

- You **MUST** be **marked with your ID number** before the start of the meet! There will be a clipboard in the stands with your number and a Sharpie.
- 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! ☺
- 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. You don't want to stuff yourself with an entire pizza but you definitely don't want to be hungry either, you need to be filled. 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. This is your first meet so you can learn from what you do, and get better.
- 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.
- Check the weather report to figure out what clothes to bring! Have dry clothes for after the race. Pack a couple of trash bags to keep your gear dry!
- 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! Swapping out or tightening spikes takes longer than you think and is annoying on race day.
- 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-JVGs-FSBoys unless noted. Listen for announcements! **TIMES ARE ONLY AN ESTIMATE** we will move along as fast as we can! BE FLEXIBLE AND BE TOLERANT!

Event	<u>Guess at Time</u>	Notes
400 Relay	3:30	2 turn stagger/stay in lanes the whole way. VG - VB – JVG - F/S
1600 (Mile)	3:40	Probably will combine VB and FSB in one heat, VG and JVG in one heat. Curve line start. VG - VB – JVG - F/S
110/65/100 Hurdles	4:00	VB-FSB-VG-JVG
400	4:30	2-turn stagger. VG - VB – JVG - F/S
100	4:40	VG - VB – JVG - F/S
800	5:05	May combine VB and FSB in one heat, VG and JVG in one heat; we will get all on the track and count so be ready. Curve line start. VG - VB – JVG - F/S
300 Hurdles	5:25	VG - JVG - VB - F/S
200	5:45	VG - VB – JVG - F/S
3200	6:00	All divisions run together. <b>FINISH IN LANE 4!!!</b>
1600 Relay	6:15	Will run JVG/VG relay teams in one heat and FSB/VB relays in 2nd heat.
High Jump	3:30	All high jumpers report at start to hear what the schedule will be. Standard order is JVG then VG-FS-VB, but we may combine divisions.
Shot	3:30	Saratoga has a small number of throwers, so do we. So please report to the throwing rings to get the schedule. Expect open pit. Be flexible!
Discus	3:30	See shot.
Long Jump	3:30	Open pit from 3:30 to 5:00. Go sign in, warm up, compete...
Triple Jump	3:30	Open pit from 3:30 to 5:00. ...get your jumps in as early as you can.