

**Monta Vista Track Team 2017**  
**Firebird Relays**  
**Saturday, March 25, 2017**

**Location**

Fremont High School  
1279 Sunnyvale Saratoga Rd., Sunnyvale , CA

**Meet Overview**

This is the sixth year that this meet has been held. Firebird has turned into a big meet! The upside is that this should be great competition on a fast track. Looks like great weather for a track meet. The heat sheets are not out yet, you can look on-line later at <http://lynbrooksports.prepcaltrack.com/ATHLETICS/TRACK/2017/2017.htm>

John McKeeman and Rick Blomquist will be the MV coaches on-site.

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

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. **Effort:** 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. You are getting fit, you have been racing well, you are ready to have an excellent race!
3. **Be aware, be flexible:** Get to the meet early. They are going to run on a rolling schedule as fast as they can. I know this is annoying and hard to plan for but you just have to roll with it and make the best of it. Lots of MV athletes get PRs at Firebird so the way they run the meet is not a problem if you don't let it be a problem! Remember, attitude is a choice you make, not forced on you. There will be live updates at <http://lynbrooksports.prepcaltrack.com/ATHLETICS/TRACK/2017/2017.htm>. I'd like to give you a definitive answer about when your race will be, but the truth is that you are going to be responsible for being on top of your race, what is going on before your race, and making sure you are there at the start and ready to go!

**Notes**

- Things will change! Check the Lynbrook web site above for schedule updates.
- 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. Have a glass of water and continue to hydrate!
- Eat a good breakfast – pre-race, I like a banana, toast, and some protein such as peanut or almond butter, some honey or jam for fun, and 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. 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. (I still remember a senior in 2011, he showed up after no breakfast and had Sport Beans for lunch. He got loopy, had a horrible race, and Coach Matt and I teased him for the rest of the season! You don't want to be **'that guy'**!)

- Bring a snack/lunch for after your race. A mix of protein and carbs are good, such as a peanut butter and jam sandwich, or a turkey sandwich, and a piece of fruit.
- Check the weather report to figure out what clothes to bring! Dry clothes for after the race.
- You are responsible for arranging how to travel to and from the meet!

## **CLEAN UP YOUR KARMA!**

**Remember to thank at least one meet volunteer, official or timer. Go introduce yourself to Hank Lawson (timing the meet), he is the same person who timed Rustbuster and this week's Fremont-MV-MV meet, and let him know you appreciate what he does. Introduce yourself to Coach Mark Shields of Fremont and thank him for putting on this meet. Thank the people who check you in...this is easy and what you say will be appreciated! Win or lose, good race or bad, it is always good karma to say 'thank you'.**

### **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, **meet t-shirt...**)

**Your body will argue that there is no justifiable reason to continue. Your only recourse is to call on your spirit, which fortunately functions independently of logic. ~ Tim Noakes**

## Athlete Entries

This is who Monta Vista has entered on athletic.net. This does not tell us seedings or placement in any events. At the time I write this, we don't know.

Mens

**Pranesh Balasubramanian - 9**

FS 400 Meters 59.89

FS 800 Meters 2:15.00

**Chi-Min Chiang - 11**

V 100 Meters 12.14

**Sarang Deshpande - 9**

FS 100 Meters 12.21

FS Long Jump 17' 4.75

FS Triple Jump 38' 2.5

**Derek Lee - 11**

V 1600 Meters 5:01.88

**Ethan Lin - 11**

V 1600 Meters 5:41.09

**Eliot Lubomirsky - 11**

V 400 Meters 52.70

V 200 Meters 23.90

**Pranav Pata - 9**

FS 100 Meters 12.37

FS High Jump 5' 4

FS Triple Jump 37' 5

**Khang Pham - 9**

FS 100 Meters 13.37

FS High Jump 4' 4

FS Triple Jump

**Rahul Uppuluri - 12**

V 1600 Meters 5:43.30

**Kingsley Wang - 11**

V 1600 Meters

Womens

**Reema Apte - 10**

F  
S Long Jump 13' 10  
F  
S Triple Jump 30' 7

**Catherine Cole - 9**

V High Jump 4' 9

**Cynthia Gong - 10**

FS Long Jump 14' 6.25

FS Triple Jump 31' 4.5

**Jessica Ji - 10**

V High Jump 4' 10

V Triple Jump 30' 10

**Jasmine Lee - 9**

FS Triple Jump 30' 9

**Akshara Majjiga - 11**

V 1600 Meters 5:45.00

**Anita Narkhede - 11**

V High Jump 4' 4

**Anjini Venugopal - 11**

V 100 Meters 15.08

# Preliminary Schedule

*I don't know how much I can emphasize this is preliminary...it will likely change. Please don't say 'I didn't know, the schedule said...' This schedule is only a guide for planning!*

Track & Field Events scheduled time and order, 8:30 start

• The 1<sup>st</sup> half of the track events will run by scheduled time, then after 1:48 by ROLLING SCHEDULE

1. 100m/110m/65m Hurdles 8:30
  1. 8:30 – VG 100mH
  2. 8:45–FSG100mH
  3. 9:00 – VB 110Mh
  4. 9:15–FSB65mH
2. 1600m run 9:30
  1. 9:30 – FSG 1600m
  2. 9:46–FSB1600m
  3. 10:02 – VG 1600m
  4. 10:18–VB1600m
3. 4x100m Relay 10:35
  1. 10:35 – FSG 4X100m
  2. 10:42–FSB4X100m
  3. 10:54 – VG 4X100m
  4. 11:02–VB4X100m
4. Distance Medley Relay (1200m, 400m, 800m, 1600m) 11:10
  - a. 11:10 – All Girls DMR
  - b. 11:34–AllBoysDMR
5. 400m run 11:58
  1. 11:58 – FSG 400m
  2. 12:18–FSB400m
  3. 12:34 – VG 400m
  4. 12:54–VB400m
6. 4x800m Relay 1:18
  1. 1:18– All Girls 4X800m
  2. 1:33–AllBoys4X800m
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7. 100m dash 1:48 (Each team gets at least 1 competitor, then seed rank will fill out 96 total competitors)
  1. FSG 100m
  2. FSB100m
  3. VG 100m
  4. VB100m
8. 800m run
  1. FSG 800m
  2. FSB800m
  3. VG 800m
  4. VB800m
9. 300IH (scoring 3-deep total time for relay)
  1. FSG 300mH
  2. VG300Mh
  3. FSB 300mH
  4. VB300mH

NO BREAK

Rolling schedule BEGINNING 1:48

10. 200m

1. FSG 200m
2. FSB200m
3. VG 200m
4. VB200m

dash

11. 4x200m Relay

1. FSG 4X200m
2. FSB4X200m
3. VG 4X200m
4. VB4X200m

12. 3200M run

1. VG&FSG
2. VB
3. FSB

13. 4x400m relay

1. FSG 4X400m
2. FSB4X400m
3. VG 4X400m
4. VB4X400m

Field Events – Will be run by scheduled times during the complete competition

(Limit of 5 competitors per school per division. Minimum 3-competitors per team for field event relay consideration (all three must meet minimum))

1. High Jump (open pit duration per division, starting at the below times)
  1. 9:00 – FSB HJ, start at 4'04"
  2. 11:00–FSGHJ,startat3'04"
  3. 1:00 – VB HJ, start at 4'10"
  4. 4:00-6:00–VGHJ,startat3'10"
2. Shot Put (open ring duration per division, starting at the below times) If minimum not reached on previous attempts, last attempt will be marked. THREE ATTEMPTS PER COMPETITOR.
  1. 10:00 – VG SP, minimum 20'00"
  2. 12:30–VBS,minimum25'00"(150-minuteopenring,Thenlunchbreak3:00-3:30)
  3. 3:30 – FSG SP, minimum 18'00"
  4. 5:00-6:30–FSBSP,minimum25'00"(90-minuteopenring)
3. Triple jump (open pit per division, starting at the below times) If minimum not reached on previous attempts, last attempt will be marked. THREE ATTEMPTS PER COMPETITOR.
  1. 9:00 – VB TJ, minimum 30'00"
  2. 11:30–FSBTJ,minimum26'00"(120-minuteopenpit,Thenlunchbreak1:30-2:00)
  3. 2:00 – VG TJ, minimum 26'00"
  4. 4:30-6:00–FSGTJ,minimum22'00"(90-minuteopenpit)
4. Discus (Open ring duration per division listed below, starting at the below times). If minimum not reached on previous attempts, last attempt will be marked. THREE ATTEMPTS PER COMPETITOR.
  1. 10:00 – FSG Disc, minimum 50'00" (90-minute open ring)
  2. 12:00–FSBDisc,minimum70'00"(90-minuteopenring),Thenlunchbreak1:00-1:30
  3. 2:30 – VG Disc, minimum 60'00" (120-minute open ring)
  4. 4:30-6:30–VBDisc,minimum80'00"(120-minuteopenring)
5. Long Jump (open pit per division, starting at the below times). If minimum not reached on previous attempts, last attempt will be marked. THREE ATTEMPTS PER COMPETITOR.
  1. 9:00 – VG LJ, minimum 12'00"
  2. 11:30–VBLJ,minimum16'00"(150-minuteopenpit,Thenlunchbreak2:00-2:30)
  3. 2:30 – FSG LJ, minimum 10'00"
  4. 4:30-6:30–FSBLJ,minimum14'00"(90-minuteopenpit)