

Monta Vista Track Team 2019
Monta Vista League Meet Vs. Santa Clara
Wednesday, April 3, 2019

Transportation

WE ARE GETTING BUSES TO GO TO SANTA CLARA HIGH SCHOOL, AND BACK TO MONTA VISTA! You are released from 6th period so have a nice lunch, change into your gear and be on a bus at 2:00! Tell your parents they don't need to drive you or pick you up, you are riding with your team (but your parents can still come and watch us compete!).

Location & Start

Santa Clara High School, 3000 Benton St. Santa Clara, CA 95051. 3:30pm scheduled meet starting time. Be warmed up and ready to go.

Meet Overview

This is our last league meet of 2019. Monta Vista varsity girls are 5-0 and clinch the dual meet portion of the championship with a win. Frosh-soph boys have only one loss and stay in the hunt for a championship with a win (and remember our FS boys won the whole thing last year!). Santa Clara teams are always tough so we will have to really get after it!

Santa Clara's coach runs one of the best meets around so this will be efficient. PLEASE help out with hurdles and such even though this is not a home meet. Don't forget to thank the Santa Clara coaches and volunteers; this is a lot of work!

PLEASE READ THE SCHEDULE SO YOU KNOW WHEN YOUR EVENT IS RUN!

3 Things Your Coach Would Like You to Focus on at Santa Clara

1. **Organization:** Pay attention to how the meet is proceeding so that you are ready to go for your event. Let's help keep the meet moving along promptly. Listen carefully to the starter's instructions as he will be trying to move things along. **Be at the start of your event 5 minutes early; don't wait for an invitation to fill a lane at the start, get in your lane and start getting ready.** Even though this is not our home meet...**help out with the hurdles when it is time to set up and take down,** it only takes a couple minutes and it will help the meet proceed quickly.
2. **Compete! Be Gritty! Be Spicy!:** Remember that "***This is a GREAT day to race!***" This is one of your last opportunities to compete this year, and this is a race that matters. Everyone matters to this team. Don't think because you are the 5th MV athlete in an event that you don't matter—your effort matters a LOT. If you try your best, others notice and will be inspired to try their best too. Every single person can have a positive impact on team effort and team culture. So do your best, fight for every spot, go for every inch and second! Doing your best is rewarding to you and to people around you.
3. **Appreciation and Sportsmanship:** Cheer, cheer, cheer for every race and competition—don't just sit around! Thank at least one volunteer or official (timer, coach, starter), and say 'good luck' or 'congratulations' or 'good race' a competitor!

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! ☺
- 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.
- Check the weather report to figure out what clothes to bring! Have dry clothes for after the race.

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.
- **Water** and water bottle!!! And food.
- Any medications you need.
- Hair ties.

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

--William Faulkner

Event	Guess at Time	Notes
4x100 Relay	3:30	4 heats: VG - VB – JVG- F/S B
1600 (Mile)	3:40	All girls will run together (V and JV) then all boys (V and FS)
110/65/100 Hurdles	4:00	VB-FS-VG-JVG EVERYONE help Santa Clara with the hurdles!
400	4:30	VG - VB - JVG- F/S
100	4:50	VG - VB - (JVG) F/S Fill up all lanes—don't wait for an invitation!
800	5:05	VG-VB-JVG-F/SB. Waterfall start. May combine all girls and all boys together.
300 Hurdles	5:25	VG - JVG - VB - F/S EVERYONE help with hurdles
200	5:45	VG - VB - (JVG) F/S S Fill up all lanes—don't wait for an invitation!
3200	6:00	All divisions run together. FINISH IN LANE 4!!!
4x400 Relay	6:15	Probably will combine and run all girls then all boys.
High Jump	3:30	JVG then VG-FS-VB, rolling schedule. May combine all boys and all girls.
Shot	3:30	VB then JVG-VG-FS Make sure you tell them your division—V or JV or FS!!! Check in before competition starts. May put gender divisions together.
Discus	3:30	VG then FS-VB-JVG Make sure you tell them your division—V or JV or FS!!! Check in before competition starts. May put gender divisions together.
Long Jump	3:30	Open pit. Sign up before meet starts.
Triple Jump	3:30	Open pit. Sign up before meet starts.

All scorers will come from the first heat.