

Monta Vista Track Team 2019
Monta Vista League Home Meet Vs. Cupertino and Saratoga
Thursday, March 21, 2019

Transportation

Guess what—all you have to do is walk out to the track! We have a home meet.

Location & Start

Our track! 3:30pm—scheduled meet start. All team members have been scheduled for early release at 2:15pm to give you time to get dressed, get out to the track and warm up (and recognize our seniors).

Meet Overview

This is our last home meet of the year so let's make it a burner! Saratoga and Cupertino have a bunch of competitive kids that love to race/jump/throw. MV girls have a chance to stay undefeated, the FS boys can stay in the hunt for the top of the league standings, and the varsity boys can get above .500. Let's go out there and compete!

A few things to remember: You must stay clear of the start/finish area, especially clear of the camera area – if you kick the tripod, the meet stops to re-align it. Don't look over the timer's shoulder, live results will be available on-line. (But please go say thank you to our timer, Hank Lawson. Hank is the best timer around, and is a huge supporter of CCS track and field. He is a new grandfather and he still times meets! It's a really nice thing to tell him that his work is appreciated.) Do not cross the start/finish line and set off the camera.

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

3 Things Your Coach Would Like You to Focus on at During this Meet

1. **You are getting fit:** We are deep into the season now. You are getting really fit. You are starting to realize how well you can race. Let's use that experience and take your best shot at the race. It's time to lay everything out on the track, one more time! Every point counts, and you are racing against two other schools, so even a 6th place finish might be worth a point!
2. **Find something to focus on:** Think of something to focus on that your coach taught you, or emphasized this season. This focus item could be anything: A warm up drill; a mental exercise; a detail of form or technique; a race tactic or strategy, anything! Decide that you are going to do that one thing perfectly as part of your day of competition, and do it!
3. **Spirit:** Thank the meet officials and volunteers, cheer on your teammates, congratulate (or console!) your competitors. Show that we value the track and field community, and our own teachers and parents and Octagon kids that volunteer to make these track meets work so well. Give a sincere thank you to at least one person! You will feel good about your gesture.

“Gritty people train at the edge of their comfort zone. They zero in on one narrow aspect of their performance and set a stretch goal to improve it.” —*Angela Duckworth*

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 or running up your Fortnite PR! ☺
- 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. Maybe a big rice bowl with veggies and fish or chicken. A corn dog from the school cafeteria and Flaming Hot Cheetos is a horrible 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.
- 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.
- 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! 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! Order is VGirls-VBoys-JVGirls-F-SBoys unless noted.

Listen for announcements, **ESPECIALLY FOR FIELD EVENTS**, as timing may change (and we may go open-pit)!

Times: we will be on a rolling schedule and we will move along as fast as we can! **BE FLEXIBLE AND BE TOLERANT**—and helpful!!!—with the volunteers running the meet!

Event	Guess at Time	Notes
400 Relay	3:30	Stay in lanes. VG - VB – JVG - F/S
1600 (Mile)	3:40	May combine heats. Curve line. VG - VB – JVG - F/S
110/65/100 Hurdles	4:00	VG-JVG-VB-FSB (New order this year)
400	4:20	2-turn stagger. VG - VB – JVG - F/S
100	4:30	VG - VB – JVG - F/S
800	4:55	May combine heats. Curve line. VG - VB – JVG - F/S
300 Hurdles	5:10	VG - JVG - VB - F/S
200	5:30	VG - VB – JVG - F/S
3200	5:45	All divisions run together. FINISH IN LANE 4!!!
1600 Relay	6:05	JVG-FSB-VG-VB
High Jump	3:00	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	3:00	All boys report to shot at 3:00, will decide if we combine. Or VB-FSB-VG-JVG
Discus	3:00	All girls report to discus at 3:00, will decide if we combine. Or VG-JVG-VB-FSB
Triple Jump	3:00	Open pit from 3:30 to 4:30. (will extend if jumpers in line waiting)
Long Jump	~4:00	Open pit from 4:30 to 5:45. (will extend if jumpers in line waiting)

“At various points, in big ways and small, we get knocked down. If we stay down, grit loses. If we get up, grit prevails.” —*Angela Duckworth*