

Monta Vista Track Team 2022
Monta Vista League Meet Vs. Santa Clara
Thursday, March 17, 2022

Transportation

YOU are responsible for arranging your transportation to Santa Clara High School, on time! I prefer all of us to be at Santa Clara by 2:30pm, one hour before the start, so we can get settled as a team but at the latest, be there 1 hour before your event. Stay until the end. You are released from school at 1:50pm (you can stay in class longer if you still get to SC 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 and don't have any options).

Location & Start

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

Meet Overview

This is our first league meet of 2022, we have one dual per week for the next five weeks. Santa Clara has already had a couple of early season dual meets and their varsity and JV teams have a win apiece. They should be a good team to start out with, they are always well coached.

<http://www.mvrunning.com/announcement/el-camino-league-track-field-standings/>

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 at least 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. **Effort Counts Twice:** Too often, we don't give effort enough credit. You have a certain amount of innate genetic talent you are born with, which is overrated. Effort applied to your talent—the effort you have made at practice for the last month and a half—gives you skill. You are bringing that skill to Santa Clara to compete. Apply all your effort and focus to your race, and you are applying your hard-earned skill to get results and achievement. Let's give our best effort, and get our most out of the effort we have made in practice for the first six weeks of our season.
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 big pasta salad, a carrot, and some fruit (a banana is good!) and an oatmeal cookie. Probably not an entire pizza, you don't need all that! 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.

*At various times, in ways big or small, we get knocked down. If we get up, grit wins.
--Angela Duckworth*

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 (I think). Sign up before meet starts.
Triple Jump	3:30	Open pit (I think). Sign up before meet starts.

All scorers will come from the first heat.