

Monta Vista Track Team 2022
Monta Vista League Meet Vs. Wilcox
Thursday, March 24, 2022

Transportation

All you have to do is walk out to our track! You are released from class at 2:00pm. Make sure that you are warmed up, in your uniform and ready to compete and also be sure you are on the home stretch of the track at 3:10pm for a ceremony to recognize our seniors.

Location & Start

Our track! First gun is at 3:30pm.

Meet Overview

This is our second league meet of 2022. Wilcox has had three meets already, and their frosh-soph boys are still undefeated. Let's see what we can do!

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

If you are injured, let coach know and we will find something for you to do. PLEASE help out with hurdles!

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

3 Things Your Coach Would Like You to Focus on at the Wilcox meet

1. **Positive Mental Attitude:** *"This is a GREAT day to race!"* Say this out loud when you are heading to the starting line (or the jump pit!). Say good luck to your competition, too. During the race, focus on competing and doing our best. We are so lucky to be able to go out and run/throw/jump! 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! You always compete better with a song in your heart and a smile on your face. You can *choose* to be positive.
2. **This is not your first competition anymore!** Even if you are a frosh, you ran your first race last week—so you are now a veteran! Go up to the start and be confident. Be a little more bold as you compete—don't be afraid to go for a little extra. Push your envelope. Think more about strategy and success. You can do this!
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.

Being gritty doesn't mean not showing pain or pretending everything is O.K. In fact, when you look at healthy and successful and giving people, they are extraordinarily meta-cognitive. They're able to say things like, 'Dude, I totally lost my temper this morning.' That ability to reflect on yourself is signature to grit.

--Angela Duckworth

Event	Guess at Time	Notes
4x100 Relay	3:30	4 heats: VG - VB – JVG- F/S B (probably will combine girls)
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 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 together, possibly boys.
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	All girls, then all boys.
Shot	3:30	All boys then all girls. Make sure you tell them your division—V or JV or FS!!! Check in before competition starts.
Discus	3:30	All girls then all boys. Make sure you tell them your division—V or JV or FS!!! Check in before competition starts.
Triple Jump	3:30	Boys will have one pit and girls will have one pit. Open pit, get your jumps in early
Long Jump	4:30	Boys will have one pit and girls will have one pit. Starts after triple is done.

All scorers come from the first heat.