

Monta Vista Track Team 2022
The Meet Sheet! Monta Vista League Meet vs. Mt. View
Thursday, April 7, 2022

Transportation

YOU are responsible for arranging your transportation to Mt. View High School, and you are responsible to be there 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).

Location & Start

Mt. View High School
3535 Truman Ave, Mt. View 94040

3:30pm—scheduled meet start. Plan to arrive by 2:45 to get settled. Warm up with your event group. All team members have been scheduled for early release at 1:50pm. Especially if you are in the 4x100 or 1600m make sure that are head straight to Mt. View and get going with your warm up directly!

Field Events: Go sign up for all your field events before 3:30pm! Sign up as soon as you arrive.

3 Things Your Coach Would Like You to Focus on at Mt. View

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!). Having a positive attitude will really help! 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 compete better with a song in your heart and a smile on your face. You can *choose* to be positive.
2. **It's Easy To Take It Easy: So Don't!** After your first event you might feel tired and that little voice in your head will be saying, hey, go tell the coach you are feeling a little beat, maybe you should skip the next event, you are done for the day, just go roll out and cheer...so, what are you saving yourself for? There is only one more dual meet left in your season after this! Why not see what you have inside you?
3. **This Is Our Fourth Dual Meet!** What have you learned? What is your best pre-race lunch? What is your best warm up? Do you want to try something new during your race? And...just relax...make sure you say 'good luck' to your teammates and competitors at the start line. You can be present enough to do that!

Always thank at least one official and the timer at every meet! Why not two, or three? It's not hard, you simply need to remember to say 'thank you'!

Notes

- You MUST be **marked with your ID number** before the start of the meet! There will be a clipboard in the stands with your number and a Sharpie.
- 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. You don't want to stuff yourself with an entire pizza but you definitely don't want to be hungry either, you need to be filled. 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. Keep improving!
- 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. Pack a couple of trash bags to keep your gear dry!
- 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! Swapping out or tightening spikes takes longer than you think and is annoying on race day.
- 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—you should not need to ask your coach! **TIMES ARE ONLY AN ESTIMATE** we will move along as fast as we can! BE FLEXIBLE AND BE TOLERANT!

Event	<u>Guess</u> at Time	Notes
400 Relay	3:30	2 turn stagger/stay in lanes the whole way. VG - VB – JVG - F/S
1600 (Mile)	3:40	They may combine VB and FSB in one heat, VG and JVG in one heat. Pay attention to announcements. Curve line start. VG - VB – JVG - F/S
110/65/100 Hurdles	4:00	VG-JVG-VB-FSB
400	4:30	2-turn stagger. VG - VB – JVG - F/S
100	4:40	VG - VB – JVG - F/S
800	5:05	May combine VB and FSB in one heat, VG and JVG in one heat; we will get all on the track and count so be ready. Curve line start. VG - VB – JVG - F/S
300 Hurdles	5:25	VG - JVG - VB - F/S
200	5:45	VG - VB – JVG - F/S
3200	6:00	All divisions run together. FINISH IN LANE 4!!!
1600 Relay	6:15	JVG-FSB-VG-VB. Mt. View coach says they probably will combine.
High Jump	3:30	Standard order is JVG then VG-FSB-VB, but they may combine divisions.
Shot	3:30	VB-JVG-VG-FSB Sign in right away and ask if they will modify the order.
Discus	3:30	VG-FSB-VB-JVG Sign in right away and ask if they will modify the order.
Long Jump	3:30	Open Pit from 3:30 to 5:30—your responsibility to get your jumps in!
Triple Jump	3:30	Open Pit from 3:30 to 5:30—your responsibility to get your jumps in!