

Monta Vista Track Team 2022
Last Chance Invitational
Saturday, April 16, 2022

Location

Los Altos High School 201 Almond Avenue, Los Altos, CA

You are responsible for ensuring transportation to the meet! Should be easy. 😊

PLAN TO ARRIVE AT LEAST ONE AND A HALF HOURS BEFORE YOUR RACE TIME.

- Throwers, implement weigh-ins begin at 1pm near the shot put area, have your implements weighed in right away!
- All track athletes must check-in at least 20 minutes prior to the event at the clerk tent on the infield. Hip numbers will be worn for 1600, 800, 3200 and 4x400 relay

Meet Overview

This is a new meet, intending to bring some of the best CCS athletes together for one final tune up before the post-season. If you are competing in the Last Chance Invitational, you should be a little proud! This is one Last Chance before the post-season. Let's show up and do our best!

3 Things Your Coach Would Like You to Focus on at Los Altos and the Last Chance

1. **Use Your Experience:** You have been training for two and a half months, you have competed a half dozen times...you have learned what pre-race meals are best, you have figured out your warm up routines, you have tried different competitive strategies and mindsets. Use what works best for you, or try one more variation before you dial in your post season run!
2. **Celebrate Track:** This is going to be a nice, tight meet. The first gun is scheduled at 3pm and the meet plans to wrap up at 7:41 with our boys in the 4x400m relay. We are starting our Spring Break week. Why not plan to stay for the entire meet, hang out with your friends, watch and cheer for a lot of great track (maybe think about goals for the post-season and even better for next year), have a fun evening? Maybe tacos or ice cream after?
3. **Set a high bar for sportsmanship:** Say good luck to the competitors next to you at the start! At the finish, say congratulations to those around you that pushed you—competition can bring out the best in us. Thank the officials for being there, and putting on a great race. Thank Mr. Lawson for timing us all season (maybe if you ask nicely he will give you a PR 😊 haha). Seek out the Los Altos coach, Coach Steph, and say thank you—she has been so worried about this meet going well, she wants all of us to have a great day to race!

Notes

- NO ELECTRONICS OF ANY TYPE ON THE FIELD! Expect them to be sticklers.
- Get to bed early no matter what time your race is! Let's say, be in bed at 10pm.
- Eat a good or light 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. Have a good lunch too,

and if you are running later in the meet think about a light snack or timing your lunch for slightly later in the day. I like to eat about 3-4 hours before I compete if I can. You don't want to be hungry, you also don't want food bouncing around your stomach.

- Bring a snack/lunch for after your race. A mix of protein and carbs are good, such as a peanut butter and jam sandwich, or a turkey sandwich, and a piece of fruit.
- Check the weather report to figure out what clothes to bring! 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!** At a big meet it can be nerve-wracking to mess with spikes at the last minute.
- Warm up shoes and socks.
- Extra clothing as needed—sweats, dry clothes, even underwear and socks in case of cold, rainy, or hot weather.
- **Water** and water bottle!!! And food.
- Sunscreen, hat, sunglasses.
- Garbage bags are good to keep your gear dry or can be emergency rain gear.
- Toilet paper (invitational meets always run out).
- Any medications you need.
- Homework for any downtime.
- \$\$\$\$ (emergencies, food, t-shirt...)

Entries and Schedule

For complete information and live results link:

<http://lynbrooksports.prepcaltrack.com/ATHLETICS/TRACK/2022/2022.htm>

2:00	VG TJ	Joey Suresh, Clara Fan
3:21	VG1600m	Nikhita Saldi
3:57	VB110mH	Ethan Lu, Soti Kougiouris
4:00	VG LJ	Clara Fan; Joey Suresh (alternate)
4:00	VG Discus	Lavinia Lei
4:00	VG HJ	Clara Fan
4:00	FSB TJ	Trevor Chan, Darren Lin
4:09	VG400m	Jasmine Varma (alternate)
4:27	FSB400m	Denny Dong
4:33	VG100m	Katie Lee CONFIRMED IN
4:49	VG800m	Jasmine Varma (alternate)
4:54	VG800m	Sydney Stevens, Valerie Ayzenberg
5:14	FSB800m	Denny Dong
5:49	VB300mH	Ethan Lu, Soti Kougiouris
6:00	VG Shot	Lavinia Lei
6:00	FSB LJ	Vibhav Pata CONFIRMED IN; Darren Lin (alternate), Trevor Chan (alternate)
6:01	CYD1600m	Margaux Francoeur, Megan Nieh, Madi Polidoro, Nerea Northrop
6:35	VG3200m	Vivian Lau, Jannah Sheriff, Ellie Hsu, Avani Kalari, Anika Bhandarkar
6:51	VB3200m	Andrew Cole; Alex Nguyen (alternate), Ari Rajaram (alternate)
7:07	FSB 3200m	Tanay Parikh, Ruhaan Shah; Neal Jain (alternate)
7:41	VB 4x400mR	Sean Basu, Hayden Selvakumar, Ethan Lu, Soti Kougiouris