

Monta Vista Track Team 2012
Willow Glen Track and Field Invitational
Saturday, March 3, 2012

Location

2001 Cottle Avenue, San Jose, CA 95125

The track is at the back of the school, there is parking on Cherry Avenue close to the grandstands.

Meet Overview

This is a fairly new, nice and fast track and a great place for your first race of the season. It's a well-run meet in it's 7th year, but fairly low-key so no need to feel stressful. Monta Vista was there last year and we had a good time! This is a good chance to get your racing legs back and have some fun!

3 Things Your Coach Would Like You to Focus on at Willow Glen

1. **Preparation:** Warm up more than you think you need to. High school athletes hardly ever warm up enough. Try getting really warm and see what it feels like when you race. You should be a little sweaty at the starting line.
2. **Positive Mental Attitude:** Say it out loud when you are on the starting line—***“This is a GREAT day to race!”*** (Because EVERY day is a great day to race—or jump, or throw!)
3. **Demonstrate that Monta Vista values our racing community:** I would like every one of our athletes to thank at ***least*** one of the officials or volunteers for being out there helping with the race. We would not have track and field without their efforts. Plus, the more that MV is known for sportsmanship, the more officials and volunteers will look out for us and help us. It is easy to say “Thank you for being out here and supporting the meet,” or “This is a nice meet, thanks for helping put this on!” and the volunteers will really appreciate your consideration.

Notes

- Get to bed early *no matter what time your race is!* Let's say, be in bed at 10pm.
- Get up at least 3 hours before your race start. Have a glass of water and continue to hydrate!
- Eat a good breakfast – pre-race, I like a banana, toast, and some protein such as peanut or almond butter, some jam for fun, and orange juice. A lot of people like oatmeal with some raisins and nuts. If you are not racing until the afternoon, a slightly bigger breakfast and a snack about 3 hours before your race is a good 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. (Last year a senior showed up after no breakfast and had Sport Beans for lunch. He got loopy, had a horrible race, and Coach Matt and I teased him for the rest of the season! You don't want to be **‘that guy’!**)

- 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!
- Warm up shoes and socks.
- Vaseline to lubricate spikes before screwing them into shoes.
- 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.
- Hair ties.
- Homework for any downtime.
- \$\$\$\$ (emergencies, food, t-shirt...)

Entries and Schedule (Rolling Time Schedule)

Bring this with you so you know when you will be running. **Particularly if you have a morning race, arrive early!—check in areas can back up!**

Check for your entries at <http://www.mvrunning.com/announcement/willow-glen-invite-entries-feb-19/>

Running:

9am	F-S	3200 Run
	F-S/VG/VB	4x100
	VG/VB/F-S	Hurdles
	VG	3200 Run
	FS/VG/VB	100m
	VB	3200M

Break

12:30	FS/VG/VB	200M
	FS/VG/VB	800M
	VG/VB/FS	300 IH
	FS/VG/VB	400M
	FS/VG/VB	1600M
	FS/VG/VB	4x400

Field:

9am	F/S High Jump
	VG Discus
	F/S Shot Put
	F/S Long Jump
	VB Triple Jump
	F/S Pole Vault

11am	VB High Jump
	F/S Discus
	VB Shot Put
	VB Long Jump
	VG Triple Jump
	VG Pole Vault

1pm	VG High Jump
	VB Discus
	VG Shot Put
	VG Long Jump
	F/S Triple Jump
	VB Pole Vault

Find Me

I'm planning to find a spot on the far left of the grandstands as you look up at the grandstands from the track. I'll move around but my wife or someone from MV should be there.