

Monta Vista Track Team 2012
Monta Vista League Meet Vs. Wilcox
Thursday, March 15, 2011

Transportation

YOU are responsible for arranging your transportation to Wilcox, 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). You are all smart—I know you can figure this out!

Location & Start

Wilcox High School
3250 Monroe St
Santa Clara, CA 95051

3:00pm—scheduled meet start. Plan to arrive by 2:00 to get settled. Group warm-ups will be at 2:30ish (jog + drills). All triple and long jumpers **must** check in and complete all run throughs by 3:30. All team members have been scheduled for early release at 1:20pm.

Meet Overview

This is our second El Camino League meet. Last year, Wilcox Varsity Boys and Varsity Girls both went 6-0 in league meets. These are good teams so let's see what they have got! The meet will be hand timed; I'm not sure how well they are going to be able to record everyone's time so please be patient with that. Assume that everyone is doing their best to make this all work well. Weather later this week may be iffy. Wilcox has an all-weather track that drains well and we are going to do our best to run this meet, even in a little rain, but there may be a last second decision by noon on Thursday—watch for announcements. If you don't hear anything, assume the meet is going to happen.

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

1. **Organization:** Let's all work together to make this meet run as smoothly as possible. Know what events you are running, and look at the schedule on this sheet and know when you are running. Make sure you warm up enough and find your teammates to warm up with you—especially if it is cold and damp.
2. **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!). Especially in tough weather, having a positive attitude will really help! Say good luck to your competition, too.
3. **Demonstrate that Monta Vista values our volunteers who make the meet possible:** Thank at least one of the officials or volunteers for being out there. Thank the Wilcox teachers who have volunteered to come out and help your event. We would not have these races without them. Thank whoever drove you to Wilcox; you would not be racing without them. Help move a few of the hurdles if you are just hanging out. We want volunteers to WANT to come to help make Monta Vista track meets great! Thank the Wilcox coaches, too.

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! Mrs. Flatow will be out with spares if someone still does not have a uniform.
- No jewelry of ANY KIND!
- 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. 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.
- 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.
- **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! Order is VBoys-VGirls-JVGirls-F-SBoys unless noted. Listen for announcements, ESPECIALLY FOR FIELD EVENTS, as timing may change (and we may go open-pit)! TIMES ARE ONLY AN ESTIMATE we will move along as fast as we can! BE FLEXIBLE AND BE TOLERANT!

Event	<u>Guess at Time</u>	Notes
400 Relay	3:15	May combine heats. 2 turn stagger. VG - VB - (JVG) F/S
1600 (Mile)	3:25	May combine VG and JVG in one heat. Curve line. VG - VB - (JVG) F/S
110/65/100 Hurdles	3:45	VB-FS-VG-JVG
400	4:15	2-turn stagger. VG - VB - (JVG) F/S
100	4:35	VG - VB - (JVG) F/S
800	4:50	May combine VG and JVG in one heat. Curve line. VG - VB - (JVG) F/S
300 Hurdles	5:10	VG (JVG) - VB - F/S
200	5:30	VG - VB - (JVG) F/S
3200	5:45	All divisions run together. FINISH IN LANE 4!!!
1600 Relay	6:00	VB&FS, and VG&JVG, may be combined.
High Jump	3:15	JVG then VG-FS-VB, rolling schedule
Shot	3:15	VB then JVG-VG-FS. May combine girls divisions. Make sure you tell them your division—V or JV or FS!!!
Discus	3:15	VG then FS-VB-JVG May combine girls divisions. Make sure you tell them your division—V or JV or FS!!!
Long Jump	3:30- 5:30	Open pit, 3:30-5:30. All run throughs must be complete by 3:30. You must check in between 3 and 3:30!!!
Triple Jump	3:30- 5:30	Open pit, 3:30-5:30. All run throughs must be complete by 3:30. You must check in between 3 and 3:30!!!