

Monta Vista Track Team 2012
Firebird Relays
Saturday, March 31, 2012

Location

Fremont High School
1279 Sunnyvale Saratoga Rd., Sunnyvale , CA

Meet Overview

This is the first year that this meet has been held. It will be small but we will be in on the ground floor! It is probably going to be raining off and on all day so be prepared!

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

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. **Effort:** The amount of effort you put into your race—your training—your life—is all decided in an agreement between YOU and YOU. So today, decide what you want to put into your race. It's all you.
3. **Support each other:** We are all in this together. Help each other to bring out all our best!

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

Bring this with you so you know when you will be running.

9:00	VB Triple Jump	Gokul Parakulum
9:20	FSB 65M Hurdles	Donald Swen
9:30	FSG 1600M	Kirsten Do
9:40	FSB 1600M	Rohan Choudhury, Salvador Torres-Gonzalez, George Yang
9:50	VG 1600M	Jenny Xu
10:00	VB 1600M	Michael Lu
10:00	VB Long Jump	Gokul Parakulum
10:30	5000M All together	Risako Tanida, Nandini Chitale, Jeffrey Harrison, Bumpei Maeda
11:05	FSB 4x800	Anand Rao, Shanmukh Challa, Steven Lim, Rohan Choudhury
11:40	FSB 400	Nima Kiyarash
1:00	FSB Long Jump	Donald Swen
1:05	FSB 100	Rochish Ambati
1:15	VB 100	Gokul Parakulum, Sai Paladugu
1:25	FSB 800	Ismael Sheriff
1:35	VB 800	Josiah Hoi
2:05	FSB 300H	Donald Swen
2:45	3200 All together	Emilio Torres-Gonzalez, Shanmukh Challah, Pearl Law