

**Monta Vista Track Team 2011**  
**West Valley Relays**  
**Saturday, March 24, 2012**

**Location**

**Westmont High School**

4805 Westmont Ave, Campbell, CA 95008

You are responsible for ensuring transportation to the race! It's about 7 miles from Monta Vista to Westmont.

**Meet Overview**

This will be the 356<sup>th</sup> Annual West Valley/Westmont Relays. Last year was pretty disorganized I'm sorry to say but this is our last shot at trying to improve our 800 times before Arcadia entries close. So let's run like the wind! Hank Lawson will send out tweets with meet progress on LynbrookSports on Twitter .

***CHECK IN AS SOON AS YOU ARRIVE—BEFORE YOU LOOK FOR ME, BEFORE ANYTHING!***

**3 Things Your Coach Would Like You to Focus on at West Valley-Westmont**

- 1. Be patient:** Let's get there at lunch time and hang out and wait for our race. Let's be patient no matter what happens with the meet organization and progress.
- 2. Be positive:** No matter what weather, no matter how well the meet is run, remember ***'This is a GREAT day to race!'*** Keep a positive mental attitude.
- 3. Do your best:** You've had some rest, you've had a good week of training, you are fast and fit. Whatever you do is fine, simply try your hardest. If you PR that's awesome. If you don't, you'll get it next time or the time after that because you are strong and fast and that will show. So try your best and leave it all out there.

**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.
- 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. Since all of you are not racing until the afternoon today, a slightly bigger breakfast and a light lunch or 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.
- 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...)

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## Entries and Schedule (Estimated times)

Bring this with you so you know when you will be running. These times may be VERY approximate so pay attention and make sure you leave yourself PLENTY of time to warm up!

9:00am	400 Hurdles
?	4x1600
?	4x100
?	1500M
?	100M
Lunch	
1:00?	High Hurdles
2:00?	800M
?	Sprint Medley
?	Girls 3000M
?	Boys 5000M
?	4x400 Relay

## Find Me

My favorite spot is near the end of the grandstands near the finish, but I'm not sure if that's where I will end up so look around for me. I often hang out with SLV's coach, my spiritual brother, so look for red and black too.