

**Monta Vista Track Team 2012**  
**Monta Vista League Meet Vs. Santa Clara**  
**Thursday, April 5, 2012**

**Transportation**

YOU are responsible for arranging your transportation to Santa Clara arriving no later than 2:15pm! 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). I know you can figure this out!

**Location & Start**

Santa Clara High School, 300 Benton St. Santa Clara, CA 95051

3:00pm—scheduled meet start. Plan to arrive by 2:00 to get settled. Warm-ups will be at 2:30 (jog + drills). All team members have been scheduled for early release at 1:20pm.

**Meet Overview**

This is an MV 'home' meet so we should be helping out. **HURDLES—Coaches Ray, Matt and Kirk will be hauling hurdles around and we would like to see anyone who is not warming up or competing helping us out!** Don't be the person we see hanging out killing time while we are setting up hurdles! Help everyone out, OK?

**PLEASE READ THE SCHEDULE SO YOU KNOW WHEN YOUR EVENT IS RUN!**

**3 Things Your Coach Would Like You to Focus on at Santa Clara**

1. **Organization:** Pay attention to how the meet is proceeding so that you are ready to go for your event. Listen carefully to the starter's instructions as he will be trying to move things along. **Be at the start of your event 5 minutes early; don't wait for an invitation to fill a lane at the start, get in your lane and start getting ready.** Don't forget to say thank you to the timer and the starter; this is going to be a little crazy for them. This is our home meet...help out with the hurdles when it is time to set up and take down, it only takes a couple minutes and it will help the meet move quickly.
2. **Positive Mental Attitude:** Remember that ***"This is a GREAT day to race!"*** Say this out loud when you are heading to the starting line (or the jump pit!). Get your head into a space where you are ready to compete your best. We should finally have great track weather this week—we should be running and jumping out of our skins!
3. **Find something to focus on:** Focus on the process, not your competitor, before your race. Think of something that your coach taught you, or emphasized this week. This focus item could be anything: A warm up drill; a mental exercise; a detail of form or technique; a race tactic or strategy, anything! Decide that you are going to do that one thing perfectly as part of your day of competition, and do it!

**Notes**

- You MUST be **marked with your ID number** before the start of the meet! Hank Lawson is timing and will use these numbers. **Know your ID number!**
- You must wear your school 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.

## Monta Vista – Santa Clara—Target Schedule

This is a target schedule for today's meet. Please listen for updates and pay attention to the flow of events because our goal is to move as rapidly as possible. Some things to keep in mind:

- Fill all open lanes; one team will have odd or even lanes for the day, however if the other team does not fill all their lanes, don't be shy; get in an open lane, set up your blocks, and run!
- We will use the SCVAL ID numbers. Clearly write the number on the back of your hand (preferably left hand) with a Sharpie. At the end of your event, stay in order until a race official has recorded your number.
- In races with combined divisions (the 3200, and sometimes the 1600 and 800) make sure to tell the official your division (they don't know if you are running Varsity, JV or FS unless you tell them).

Remember everyone running the meet is a volunteer, and we would not have meets without them, so please treat officials and volunteer helpers with respect.

Event	Rolling Schedule <u>Target start time</u> for first heat	Notes
400 Relay	3:15	VG - VB - JVG- F/S
1600 (Mile)	3:25	Almost always will combine VG and JVG in one heat. May combine boys. Curve line start. VG - VB - (JVG) - F/S
110/65/100 Hurdles	3:45	VB-FS-VG-JVG
400	4:10	2-turn stagger. VG - VB - JVG- F/S
100	4:25	VG - VB – JVG - F/S
800	4:40	Probably combine VG and JVG in one heat. Curve line. VG - VB - (JVG) F/S
300 Hurdles	4:55	VG - JVG - VB - F/S
200	5:15	VG - VB - JVG- F/S
3200	5:30	All divisions run together. <b>FINISH IN LANE 4!!!</b>
1600 Relay	5:50	JVG-FSB-VG-VB
High Jump	3:15	JVG then VG-FS-VB, rolling schedule
Shot	Following Discus	Rolling schedule, immediately following completion of shot. Girls first, then boys.
Discus	3:30-complete	Everyone checked in by 3:30 and any warm up throws done by then. Girls first, then boys.
Long Jump	3:30-5:00	Open pit from 3:30 until 5:00, may end earlier if there are no jumps for more than 10 minutes. All athletes checked in and run throughs complete by 3:30.
Triple Jump	3:30-5:00	Open pit from 3:30 until 5:00, may end earlier if there are no jumps for more than 10 minutes. All athletes checked in and run throughs complete by 3:30.