

Monta Vista Track Team 2012
El Camino League Finals
Monday, April 30 and Wednesday, April 2, 2012

Location

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

You are responsible for your own transportation to and from the meet. The team is released on the following schedule (but if your competition is later, you don't have to leave class as early as this. This is just for convenience. We trust your judgment to do the right thing).

Monday: Everyone at 1:20; Frosh-Soph and JV Field Event people at 12:20.

Wednesday: Everyone at 12:20.

Meet Overview

League finals for the El Camino League: Wilcox, Santa Clara, Fremont, Homestead, Los Gatos and Cupertino. Oh yea—and Monta Vista! Top 5 finishers get awards...top Varsity times from El Camino League and De Anza League move on to the SCVAL Qualifier meet, Friday April 11. For many of you, it's your last race of the year. **This is the meet to leave it all on the track!**

3 Things Your Coach Would Like You to Focus on at League Finals

1. **The days before:** Team, we have talked again and again about sleep, hydration and diet! So let's give ourselves a chance to do our best. Get good sleep over the weekend and Monday and Tuesday nights (we hope you come to the Performance Psychology talk on Tuesday night, but it is over early); to get the most out of your sleep, plan ahead and get ahead of your homework starting NOW. Eat healthy, with plenty of vegetables and protein, starting NOW. Hydrate—start carrying around water bottles and drink two bottles per day (you don't have to overhydrate—you can make yourself sick—just drink regularly) starting NOW! You have trained all season, get the **most** out of finals!
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. This is a good day to find out how much is inside you.
3. **Support each other:** When you are done with your race or your event, cheer on your team. Thank the people working the meet. Enjoy yourself!

Notes

- 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
- 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! 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...)

Schedule

Trials Schedule – Monday. 1:30pm Coachs' scratch meeting

3:00pm Trials begin. Rolling Schedule.

110 HH VB
65 HH FSB
100 HH VG, JVG
400M VG, VB, JVG, FSB
100M VG, VB, JVG, FSB
3200M JVG (Final)
300 IH VG, JVG, VB, FSB
3200M FSB (Final)
200M VG, VB, JVG, FSB

Field Events (all are finals) (4 attempts only, except HJ)

2:00pm JVG HJ, JVG DT, JVG LJ, FSB TJ, FSB SP
3:15pm FSB HJ, FSB DT, FSB LJ, JVG TJ, JVG SP

Finals Schedule – Wednesday 1:30pm Coachs' scratch meeting

3:00pm 4x100M VG, VB, JVG, FSB
3:20pm 1600M VG, VB, JVG, FSB
4:00pm 110 HH VB
4:05pm 65 HH FSB
4:10pm 100 HH VG, JVG
4:20pm 400M VG, VB, JVG, FSB
4:40pm 100M VG, VB, JVG, FSB
5:00pm 800M VG, VB, JVG, FSB
5:30pm 300 IH VG, JVG, VB, FSB
5:50pm 200M VG, VB, JVG, FSB
6:10pm 3200M VG, VB
6:40pm 4x400M JVG, FSB, VG, VB

Field Events updates (LJ, TJ, SP, DT, 3 attempts, then top eight 3 more attempts)

2:30pm **VG LJ**, **VG HJ**, VB DT, VG SP, **VB TJ** – NOTE the changes in jumps schedule
4:30pm **VB HJ**, **VB LJ**, VG DT, VB SP, **VG TJ** – NOTE the changes in jumps schedule