

**Monta Vista Track Team 2012**  
**SCVAL Qualifier Meet**  
**Friday, May 11, 2012**

**Transportation**

YOU are responsible for arranging your transportation to Santa Clara arriving no later than 3:45pm (or earlier if you are in a Field Event that starts at 4:00)! 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

**Meet Overview**

This is an advanced competition. Everyone who is in this event has qualified out of their league. Top 6 boys and top 6 girls move on to the CCS (Central Coast Section) meet. This is a big deal, boys and girls! If you are competing, congratulations! Everyone else...please come and support your teammates!

Also...we are looking for 10 to 12 volunteers to come help with hurdles! This responsibility was not a struggle last year, it was fun for all of us! Why? Because the infield of the meet is CLOSED to all spectators, so the only way you can get on the infield and cheer on your teammates is to be on the hurdle crew! And you get free entry to the meet—otherwise there is an entry fee. Sign up with Coach Flatow.

**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. **Effort:** How hard you compete is a decision made between you and you. I recommend you leave it all out there on the track.
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.
3. **Do One Thing Perfectly:** 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; your first lap pacing; a detail of form or technique; a race tactic or strategy, anything!

**Notes**

- You must wear your school uniform!
- No jewelry of ANY KIND! Jewelry rules will be strictly enforced.
- 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.

# SCVAL Qualifier Meet

Friday, May 11<sup>th</sup>, 2012

## Running Events:

5:00pm	400 Meter Relay
5:20pm	1600 Meter Run
5:30pm	100 Meter Hurdles
5:45pm	110 High Hurdles
5:55pm	400 Meters
6:15pm	100 Meters
6:35pm	800 Meters
6:55pm	300M Hurdles
7:15pm	200 Meters
7:35pm	3200 Meter Run
8:05pm	1600 Meter Relay

## Field Events:

4:00pm	Check in/ Warm ups
4:30pm	Girls Discus
	Boys Shot Put
	Girls Pole Vault
	Boys Triple Jump
	Girls High Jump
	Girls Long Jump
	Immediately following Girls PV, Boys Pole Vault
5:30pm*	Check in/Warm ups
6:00pm	Girls Shot Put
	Boys Discus
	Girls Triple Jump
	Boys High Jump
	Boys Long Jump

\*Or immediately following completion of previous event

\*\*\*Coaches Scratch Meeting: 4:00pm @ Clerks Tent

**Implement Weigh-ins for:	4:30 events	~	3:45-4:15
	6:00 events	~	5:20-5:45