

**Monta Vista Track Team 2013**  
**Monta Vista League Meet Vs. Homestead**  
**Wednesday, March 6, 2013**

**Transportation**

YOU are responsible for arranging your transportation to Homestead arriving no later than 2:15pm! If you are driving, please 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).

**Location & Start**

Homestead High School 21370 Homestead Road

3:15pm—scheduled meet start. Plan to arrive by 2:00 to get settled. Warm-ups will be at 2:15 (jog + drills). All team members have been scheduled for early release at 1:20pm.

**Meet Overview**

Our first dual meet of the year, and for some of you, your first high school track meet you have been in!

**A couple things to remember:** You must stay clear of the start/finish area, especially of the camera area – if you kick the tripod, the meet stops for 15 minutes to re-align it. Don't look over the timer's shoulder, there will be a computer somewhere else that will have the results posted. (But DO go by and say thank-you to Hank Lawson for timing our meet, without him we would not have FAT results!) Do not cross the start/finish line (unless you are racing!) since it's a motion sensor camera.

**PLEASE READ THE SCHEDULE SO THAT YOU KNOW WHEN YOUR EVENT IS RUN, WE HAVE AGREED WITH TO ADJUST THE SCHEDULE AND SPEED UP THE MEET!**

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

1. **Organization:** Pay attention to how the meet is proceeding so that you are ready to go for your event. Let's help keep the meet moving along promptly. 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.** Even though this is not 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 proceed 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.
3. **Demonstrate that Monta Vista values the volunteers who make the meet possible:** Thank at least one of the officials or volunteers for being out there helping with the race. Thank the teachers who have volunteered to come out and help. We would not have these races without them. Thank whoever drove you to Homestead; you would not be racing without them. We want volunteers to WANT to come to help make Monta Vista track meets great!!

## Notes

- You MUST be **marked with your ID number** before the start of the meet! **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! ☺
- Bring a bottle for water.
- 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. Maybe a big rice bowl with veggies and fish or chicken. A corn dog from the school cafeteria is a bad 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 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, or perhaps a good health bar.
- 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! Don't get all agitated messing with spikes before the race.
- 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.

## Schedule

Bring this with you so you know when you will be running—you should not need to ask your coach! Order is VBoys-VGirls-JVGirls-F-SBoys unless noted. Listen for announcements, ESPECIALLY FOR FIELD EVENTS, as timing may change (and we may go open-pit)! **TIMES ARE ONLY AN ESTIMATE** we will move along as fast as we can—this is a rolling schedule! BE FLEXIBLE AND BE TOLERANT with the volunteers running the meet!

**I HAVE NOT BEEN ABLE TO CONFIRM THE SCHEDULE FOR JUMPS AND THROWS BUT ASSUME THIS WILL BE CLOSE. CHECK IN WITH THE OFFICIALS RUNNING THE PITS / RINGS AT 3PM TO SEE WHAT THEY ARE PLANNING.**

Event	<u>Guess at Time</u>	Notes
400 Relay	3:15	4 heats: VG - VB – JVG- F/S B
1600 (Mile)	3:25	All girls will run together (V and JV) then all boys (V and FS)
110/65/100 Hurdles	3:45	VB-FS-VG-JVG <b>EVERYONE</b> help with hurdles
400	4:15	VG - VB - JVG- F/S
100	4:35	VG - VB - (JVG) F/S Fill up all lanes—don't wait for an invitation!
800	4:50	VG-VB-JVG-F/SB. Waterfall start. May combine all girls.
300 Hurdles	5:10	VG - JVG - VB - F/S <b>EVERYONE</b> help with hurdles
200	5:30	VG - VB - (JVG) F/S S Fill up all lanes—don't wait for an invitation!
3200	5:45	All divisions run together. <b>FINISH IN LANE 4!!!</b>
1600 Relay	6:00	VB&FS, and VG&JVG, may be combined.
High Jump	3:15	JVG then VG-FS-VB, rolling schedule
Shot	3:30	Shot will be open ring starting at 3:30 (probably shot first then discus)
Discus	4:00	Discus will be open ring following discus (listen for announcements)
Long Jump	3:15	Open pit for one hour.
Triple Jump	4:15	Open pit for one hour after LJ.