

Monta Vista Track Team 2013
Monta Vista League Meet Vs. Cupertino
Thursday, March 14, 2013

Transportation

For the first time in your time on the MVTF team...you don't have to worry about transportation to a meet!!!

Location & Start

Our track! 3:15pm—scheduled meet start. All team members have been scheduled for early release at 2:00pm to give you time to get dressed, get out to the track and warm up.

Meet Overview

This is our first track meet at home in longer than we can remember! Think of this as similar to when your grandmother comes to visit...we want to show ourselves at our best!

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!

3 Things Your Coach Would Like You to Focus on at Cupertino

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.** We are going to keep the meet moving along!
2. **This is our House:** There will be teachers and administrators who will come watch our meet have never seen the Monta Vista track team before! This is your only chance to make a first impression! So be organized...cheer your teammates...shake the hands of your competitors before and after your race...**compete and give your best effort.** I think that you are the best team that anyone could want to cheer for, or to coach. So please demonstrate to everyone why I believe that you are the best!
3. **Demonstrate that Monta Vista values our community:** We will have many parents and teachers volunteering at our meet, and we will need them again, so please thank at least one or two! Principal Scott, our athletic director Coach Mueller, Mr. Hicks and Mr. Flores will all be coming to watch at least part of the meet...all of them have worked hard the last few years to get the track approved and also to purchase all of our great equipment. It would be very gracious to say 'thank you'—even if you don't know them personally, this is a great time to introduce yourself!

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 VGirls-VBoys-JVGirls-F-SBoys unless noted. Listen for announcements, ESPECIALLY FOR FIELD EVENTS, as timing may change (and we may go open-pit)! **Times: we will be on a rolling schedule** and we will move along as fast as we can! BE FLEXIBLE AND BE TOLERANT—and helpful!!!—with the volunteers running the meet!

Event	Guess at Time	Notes
400 Relay	3:15	4 heats: VG - VB – JVG- F/S B
1600 (Mile)	3:25	All girls together (V and JV) probably all boys (V and FS probably together)
110/65/100 Hurdles	3:45	VB-FS-VG-JVG EVERYONE 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. Almost certainly will combine all girls.
300 Hurdles	5:10	VG - JVG - VB - F/S EVERYONE 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	We hope to start this race early, be warm! All divisions run together. FINISH IN LANE 4!!!
1600 Relay	6:00	Will probably run all girls, then all boys, divisions.
High Jump	3:15	JVG then VG-FS-VB, rolling schedule. Sign in during warm ups.
Shot	3:30	Shot will be open ring starting at 3:15. Sign in during warm ups.
Discus	4:00	Discus will be open ring immediately following discus. Sign in during warm ups.
Long Jump	3:15	Open pit for 45 minutes. Warm up/run through 2:45-3:15. Sign in during warm ups.
Triple Jump	4:15	Open pit for 45 minutes after LJ. Warm up/run through 3:15-3:45. Sign in

		during warm ups.
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