

**Monta Vista Track Team 2011**  
**St. Francis Track and Field Carnival**  
**Saturday, March 16, 2013**

**Location**

**St. Francis High School**

1885 Miramonte Ave, Mountain View, CA

You are responsible for ensuring transportation to the meet!

**PLAN TO ARRIVE AT LEAST ONE AND A HALF HOURS BEFORE YOUR RACE TIME!!!** St. Francis has said they have run as much as 30 minutes ahead of schedule in the past so don't be late, you have been warned! As soon as you arrive, go check in for your race. THERE ARE ALTERNATES WAITING FOR MANY RACES AND YOU CAN BE SCRATCHED!

**Meet Overview**

According to the last notice from St. Francis, there were 2,300 entries this year—up from 500 athletes from 2011! We have 41 entries this year, two years ago we had 26. This meet is big, well run generally, and a lot of fun. Plus they have a BBQ. What could be better?

This is a great meet to encourage your parents to attend. It should be good weather, lots of good competition, a well run meet, and it is close to home.

**3 Things Your Coach Would Like You to Focus on at St. Francis**

1. **Focus:** In a big meet it is easy to get really amped up. Think about some of the key things you want to do right: Start warming up about 45 minutes before your race, or whenever you usually do; do all your drills and dynamic stretches and FOCUS on doing the drills correctly; review the correct baton pass procedures that we practiced; review your race plan. There is a nice warm up area in the St. Francis baseball field, which is also the entrance to check in and enter the track. Remember, ***'This is a REALLY GREAT day to race!'*** Say that out loud when you are heading towards the starting line.
2. **Finish Hard:** We have several relay teams entered. Every second can be important. So when you get to the exchange zone to deliver the baton, do not let up! Drive into the exchange zone, assume that the teammate you are delivering to is amped up and taking off fast, and you must go catch them! A sign of a poor team is that the exchange is made with the incoming runner pulling up. Don't pull up until your teammate yanks the baton out of your grasp, then you dive towards the infield.
3. **Set a high bar for sportsmanship:** Say thanks for being there to a volunteer or two on the way into the stadium. Say good luck to your competitors and congratulations afterwards. Don't forget to remind your teammates that 'It's a great day to race.' And thank your parents for supporting you and thank whoever drives you to St. Francis.

## Notes

- NO ELECTRONICS OF ANY TYPE ON THE FIELD! Leave it with me. Expect them to be sticklers.
- All uniforms must match exactly; expect uniform rules to be enforced.
- Get to bed early no matter what time your race is! Let's say, be in bed at 10pm.
- Get up at least 3 hours before your race start.
- Eat a good or light 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. 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. Don't eat junk or sports beans or something like that; eat good food. Continue to develop and perfect your pre-race habits.
- 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 to figure out what clothes to bring! 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!** At a big meet it can be nerve-wracking to mess with spikes at the last minute.
- 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.
- Homework for any downtime.
- \$\$\$\$ (emergencies, food, t-shirt...)

## Entries and Schedule (these are only ESTIMATED times!!!)

Bring this with you so you know when you will be running. Plan to be there at least ONE AND A HALF HOURS before the race. The will run events EARLY if they get ahead of schedule and they WILL scratch you for an alternate!

The schedule for all events from St. Francis is available at <http://www.sfhsinvitational.com/2013-SFI-Schedule.pdf>

8:00	3000M Girls then Boys	Emilio, Jeffrey
8:30	Distance Medley FS Girls	Julia, Sanjna, Chloe, Jenny
8:45	Distance Medley FS Boys	
9:00	High Hurdles	Albert (9:30)
10:00	400M Relay	
10:40	Mile (Girls, FS Girls, FS Boys, Boys)	Bridget (10:40), Rohan, Brent, Liam (11:15)
11:45	400M	
Lunch		
1:15	100M	
2:20	Distance Medley Varsity Girls	

2:40	Distance Medley Varsity Boys	A: John, Bumpei, Anand, Zach B: Steven, Shanmukha, Vikrant, Ajay
2:55	800M	Bumpei (3:55)
4:00	Hurdles	Albert
10:00	FS Girls Discus	Bhavana
10:00	V Girls Shot Put	Emma, Kiersten
11:00	FS Boys Discus	Ajay, Namir (1 <sup>st</sup> and 2 <sup>nd</sup> alternate)
11:30	FS Girls High Jump	Sanjna
12:00	V Girls Discus	Kiersten, Emma
1:00	V Girls Triple Jump	Sherry
1:00	FS Girls Long Jump	Rhea
1:00	FS Girls Shot Put	Bhavana
2:00	FS Boys Shot Put	Namir, Ajay
3:00	FS Girls Triple Jump	Rhea