

Monta Vista Track Team 2013
Junipero Serra Top 7
Saturday, April 13, 2013

Location

Junipero Serra High School

451 West 20th Avenue
San Mateo, CA 94403-1335

You are responsible for ensuring transportation to the meet!

PLAN TO ARRIVE AT LEAST ONE AND A HALF HOURS BEFORE YOUR RACE TIME!!!

You must check in NO LATER THAN 40 minutes before your race, and give yourself time to warm up. The meet does run late, and the sign in desk can be overloaded (and they can run out of patience and bark at you, unfortunately). So help them out by doing three things:

- Pay attention and sign in early.
- If they ask you to come back, stick around, pay attention, and come back early.
- THANK THE VOLUNTEERS for helping put on a large and well run meet!

Meet Overview

There are a LOT of teams registered and this should be an excellent meet for PRs! I've never been to this meet myself and I'm looking forward to hearing what you think. I can't be there but Coach Matt will be there.

By the way, I am STOKED to see sprinters and field eventers at this Invitational. **We have 35 athletes signed up for Serra!** Totally cool, I wish I were there to see this! Distance folks...go over and cheer for our team!

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

1. **Give Coach Matt a Hard Time:** Just kidding...I kind of wanted to see if you were reading this ☺
2. **Pacing and planning:** At this point in the year, you should have a pretty good idea of what you want to do out there. If you are a distance runner, start out UNDER CONTROL—aim for a negative split. This will work for you, trust me. For sprinters and jumpers, get in your pre-event routine and stick with it—routine will calm you down and it will be useful for league finals when you will want to be amped up.
3. **Set a high bar for sportsmanship:** I'm not going to be there but I know you will represent Monta Vista well. Say good luck to the competitors next to you at the start, thank the officials for being there, and thank Coach Matt and Coach John for giving up their Saturdays to be there for you.

Notes

- NO ELECTRONICS OF ANY TYPE ON THE FIELD! Leave it with me. Expect them to be sticklers.
- Warm up area is the baseball outfield—they specifically ask us to stay off the infield and outside the dugouts.

- Expect uniform rules to be enforced—no jewelry.
- 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.
- 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 (Estimated times)

Serra has published a schedule at:

<http://www.prepcaltrack.com/ATHLETICS/TRACK/2013/top7info.pdf>

Please print this out and bring it with you!

You should arrive 90 minutes before your race time...however, they may run late, particularly if you are running at the end of the day then your race may be as many as 90 minutes behind! But you will not know until you get there. Bring along a good attitude, water and snacks, and maybe some homework to work on! Check in with a coach or other athletes as soon as you arrive to see how the schedule is looking.