

Monta Vista Track Team 2014
Willow Glen Track and Field Invitational
Saturday, March 1, 2014

Location

2001 Cottle Avenue, San Jose, CA 95125

The track is at the back of the school, there is parking on Cherry Avenue close to the grandstands. Arranging travel to the meet is your responsibility.

Meet Overview

This is a well maintained, nice and fast track and a great place for your first race of the season. Also, this is the site of Coach Flatow's high school glory years—he was a Willow Glen Ram and wore red and gold before switching to purple ☺ It's a well-run meet in it's 10th year, but fairly low-key so no need to feel stress. This is a good chance to get your racing legs back and have some fun!

This meet is on a rolling time schedule, and this is a VERY popular early season meet—the last few years there were dozens of heats in the 100m and 200m events. Pay attention to the time and what is going on in the meet! Coaches will help you but ultimately being ready to go and on the starting line on time is your responsibility. Here are the major suggestions I have:

- Be at the track 1 hour before your scheduled time.
- Keep the event schedule with you and warm up relative to the way you see the events proceeding.
- The meet will almost certainly fall behind schedule—HOWEVER if you are in an event after the lunch break, they may skip the lunch break and then your event may be suddenly back on time! So if you are running the 200m, and the 3200m is 45 minutes late, don't be surprised if the 200m suddenly goes off on time.
- Remember that HS athletes hardly ever warm up enough, so if you make a mistake in your warm up time, it's better to warm up too much than too little.

Note: Check in at the course registrar as soon as you arrive! This line can get long at WG. Last year the registrar set up under the stands, near the finish line.

3 Things Your Coach Would Like You to Focus on at Willow Glen

1. **Preparation:** Warm up more than you think you need to. High school athletes hardly ever warm up enough. Try getting really warm and see what it feels like when you race. You should be a little sweaty at the starting line.
2. **Positive Mental Attitude:** Say it out loud when you are on the starting line—***'This is a GREAT day to race!'*** (Every day is a great day to race, isn't it?). Shake hands with at least one of your competitors on the line and say 'good luck.'
3. **Demonstrate that Monta Vista values the racing community:** Thank at least one of the officials for being out there helping with the race. We would not have track and field without their efforts. MV is known for sportsmanship, and officials and volunteers look out for MV and help us. Thank everyone you can, saying thank you costs nothing—your words mean more than you think. Also, thank your parents or whoever drove you to the meet. When you get home, please tell your family about your race and your day—don't simply grunt 'it was OK.' ☺ Your words **MATTER**.

Notes

- 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 breakfast – on race day, 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—even a full lunch if you are in the last race of the day. This is YOUR fuel so pick out what works for you. You have to eat well to race well. Whatever you eat, I suggest you 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/lunch for after your race. A mix of protein and carbs are good, such as a peanut butter and honey sandwich (a personal favorite), or a turkey sandwich, and a piece of fruit. Chocolate milk is a good recovery drink and tastes good too. Try to eat something small, with protein and carbohydrates, within 30 minutes of finishing your warm down, and have a complete meal within 2 hours of finishing.
- Check the weather report to figure out what clothes to bring! Right now the weather looks like it will rain off and on. It still should be good racing weather (I know that you laugh at your coach for always saying this is PR weather but this really could be!). Dry clothes for after the race.

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—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. I keep a couple of big trash bags in my bag.
- Toilet paper (invitational meets always run out).
- Any medications you need.
- Hair ties.
- Homework for any downtime.
- \$\$\$\$ (emergencies, food, t-shirt...)

Entries and Schedule (Rolling Time Schedule)

Field Events:

9am: FSB HJ, VG Discus, FSB Shot, FSB LJ, VB TJ	11am: VB HJ, FSB Discus, VB Shot, VB LJ, VG TJ	1pm: VG HJ, VB Discus, VG Shot, VG LJ, FSB TJ
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Track Events (Rolling Time Schedule, Times Given Are Meet Director Estimates. Be at the track an hour before your time but pay attention to what is happening):

Morning		Afternoon	
9:00am	FSB 3200m	12:15pm	FSB/VG/VB 200m
9:30am	FSB/VG/VB 4x100m Relay	1:30pm	FSB/VG/VB 800m
10:15am	VG/VB/FSB High Hurdles	3:00pm	VG/VB/FSB I-Hurdles
11:00am	VG 3200m	3:45pm	FSB/VG/VB 400m
11:30am	FSB/VG/VB 100m	4:45pm	FSB/VG/VB 1600m
11:45am	VB 3200m	6:00pm	FSB/VG/VB 4x400m Relay
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Find Camp

I'm planning to find a spot on the far left of the grandstands as you look up at the grandstands from the track (close to the finish line). I'll move around but my wife or someone from MV should be there.

WG Entries: Boys

Men's 100m Dash Frosh-Soph Open:
Bornstein, Jake: NT

Men's 200m Dash Varsity Open:
Ambati, Rochish: 23.73
Hsiao, John: 26.30
Lim, Steven: NT

Men's 200m Dash Frosh-Soph Open:
Bornstein, Jake: NT

Men's 400m Dash Varsity Open:
Ambati, Rochish: 52.00
Hsiao, John: 56.14

Men's 800m Run Frosh-Soph Open:
Sawyer, Max: 2:17.75

Men's 1,600m Run Varsity Open:
Patti, Zachary: 4:40.60
Dua, Archit: 5:45
Rao, Anand: 4:57.00
Torres-Gonzalez, Salvador: 5:25

Men's 1,600m Run Frosh-Soph Open:
Gregory, Scott: NT
Sawyer, Max: 4:54.02
Mogensen, Brent: 4:53.42

Men's 3,200m Run Varsity Open:
Torres-Gonzalez, Emilio: 10:31
Choudhury, Rohan: 10:14.50
Thontakudi, Akshay: 11:16.95

Men's 110m Hurdles Varsity Open:
Swen, Donald: 18.24

Men's 300m Low Hurdles Varsity Open:
Swen, Donald: 44.84

Men's 4 x 400m Relay Varsity Open:
A: 3:44.80 (Hsiao, Lim, Rao, Ambati)

Men's Shot Put Frosh-Soph Open:
Hassan, Namir: 32' 7.25"

Men's Discus Throw Frosh-Soph Open:
Hassan, Namir: 72' 1"

WG Entries: Girls

Women's 100m Dash Varsity Open:
Zamani, Ava: 13.87
Rai, Arushi: NT

Women's 200m Dash Varsity Open:
Zamani, Ava: 29.13

Women's 400m Dash Varsity Open:
Li, Chloe: 1:08.25

Women's 800m Run Varsity Open:
Shan, Sunny: 2:26.64

Women's 1,600m Run Varsity Open:
Xu, Jenny: 5:18.19
Chang, Julia: 5:52.21

Women's 3,200m Run Varsity Open:
Yip, Madeleine: 11:33.55
Gottlieb, Bridget: 11:31.52
Meyyappan, Parvathi: 12:40.00

Women's 100m Hurdles Varsity Open:
Ngo, Elizabeth: NT
Ngo, Victoria: 20.06
Kaneda, Giselle: 16.70

Women's 300m Low Hurdles Varsity Open:
Ngo, Victoria: 1:13.81
Ngo, Elizabeth: NT

Women's High Jump Varsity Open:
Ju, Richelle: 4' 10"
Bharadwaj, Sanjna: 4' 8"

Women's Long Jump Varsity Open:
Choudhury, Rhea: 14' 4"
Rai, Arushi: ND

Women's Triple Jump Varsity Open:
Choudhury, Rhea: 32' 5"
Lin, Sherry: 30' 3"

Women's Shot Put Varsity Open:
Seyer, Emma: 33' 8"
Chuc, Kiersten: 27' 10.25"

Women's Discus Throw Varsity Open:
Seyer, Emma: 89' 1.5"
Chuc, Kiersten: 94' 1"