

Monta Vista Track Team 2014
Monta Vista League Home Meet Vs. Homestead
Thursday, March 20, 2014

“Running is a big question mark that’s there each and every day. Running asks you, ‘Are you going to be a wimp or are you going to be strong today?’”

(this has nothing to do with how fast you are—this has everything to do with how committed you are)

Transportation

Guess what—all you have to do is walk out to the track!

Location & Start

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

Meet Overview

This is our second track meet of the year. We worked out all our rust last week so we should be good to go. You all did great already so simply keep focused and do what you did last week, only with one week more conditioning and maybe a little more calm and cool. Our frosh-soph boys are 2-0 in league so far so let’s see if we can keep that momentum!

A couple things to remember: You must stay clear of the start/finish area, especially clear 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. 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 During this Meet

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. Set up your blocks as soon as your spot is clear don’t focus on the athlete in front of you. If you are a jumper or thrower, be ready at the start; if your event is ‘open pit’ get your jumps done early. **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.**
2. **This is not your first race anymore!** Even if you are a frosh, you ran your first race last week—so you are now a veteran! Go up to the start and be confident. Be a little more bold in your racing—don’t be afraid to go for a little extra. Think more about strategy and success. You can do this!
3. **Demonstrate that Monta Vista values our community:** We will have many parents and teachers volunteering at our meet, and we can’t do this without them. Please thank at least one of the teachers or parents for volunteering. It would be very gracious to say ‘thank you’—even if you don’t know the teachers 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-FSBoys 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	<u>Guess</u> 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 boys separately (V then FSB)
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. Possibly will combine girls heats.
300 Hurdles	5:10	VG - JVG - VB - F/S EVERYONE help with hurdles
200	5:30	VG - VB - (JVG) F/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 run all girls, then all boys, divisions.
High Jump	3:15	All girls then all boys, rolling schedule. Sign in during warm ups.
Shot	3:30	All boys first on shot while girls are throwing the discus, then they switch.
Discus	4:00	All girls first on discus while boys are throwing the shot, then they switch.
Triple Jump	3:15	Open pit for one hour. Warm up/run through 2:45-3:15. Sign in during warm ups.
Long Jump	4:15	Open pit for one hour after TJ. Warm up/run through 4:00-4:15. Sign in

		during warm ups.
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