

<p style="text-align: center;">Monta Vista Track Team 2014 Monta Vista League Home Meet Vs. Santa Clara and Fremont Thursday, March 13, 2014</p>

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 first track meet of the year, and we are at home! And with a 3-way meet, this meet will have a lot of energy. Both schools have a lot of cool kids and good athletes—you will have good competition.

With three schools, this meet is scored as what is called a 'double-dual'—each school is compared against the other school independently. So someone is 6th or 7th or 8th place could be scoring a point—fight for every spot!

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. (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 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 our House:** When you are on the track give a fierce effort, and as soon as you are done congratulate the finishers around you. Cheer your teammates...shake the hands of your competitors before and after your race...**compete and give your best effort.**
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-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 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.
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 4:00-4:15. Sign in during warm ups.

