

**Monta Vista Track Team 2014**  
**Monta Vista League Meet vs. Saratoga**  
**April 24, 2014**

**Transportation**

YOU are responsible for arranging your transportation to Saratoga High School, on time! If you are driving, don't leave with an empty seat in your car (especially invite Freshmen and Sophomores who can't drive themselves and don't have any options). You are all smart—I know you can figure this out—you always do!

**Location & Start**

Saratoga High School  
20300 Herrimen Ave, Saratoga  
3:15pm—scheduled meet start. Plan to arrive by 2:15 to get settled.

Group warm-ups will be at 2:30ish (jog + drills). All team members have been scheduled for early release at 1:20pm.

**Meet Overview**

This is our last El Camino League meet for the year. We all know what we are doing and are ready to go!

**Field eventers, please note that no events will be open pit! You must pay attention to the schedule and sign up before the event starts for your division or you cannot compete!**

**3 Things Your Coach Would Like You to Focus on at Saratoga**

1. **You are getting fit:** We are deep into the season now. For many of you this is your last tune up before leagues; for some of you that may not compete at leagues, this could be your last meet of the year. So it's time to lay everything out on the track, one more time!
2. **Find something to focus on:** Think of something to focus on that your coach taught you, or emphasized this season. This focus item could be anything: A warm up drill; a mental exercise; a detail of form or technique; a race tactic or strategy, anything! Decide that you are going to do that one thing perfectly as part of your day of competition, and do it!
3. **Spirit:** Thank the meet officials and volunteers, cheer on your teammates, congratulate (or console!) your competitors.

## Notes

- You **MUST** be **marked with your ID number** before the start of the meet! 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! ☺
- 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. 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.
- 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!
- 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 VBoys-VGirls-JVGirls-F-SBoys unless noted. Listen for announcements, **ESPECIALLY FOR FIELD EVENTS**, as timing may change (and we may go open-pit)! **TIMES ARE ONLY AN ESTIMATE** we will move along as fast as we can! **BE FLEXIBLE AND BE TOLERANT!**

Event	<u>Guess</u> at Time	Notes
400 Relay	3:15	May combine heats. 2 turn stagger. VG - VB – JVG - F/S
1600 (Mile)	3:25	May combine VG and JVG in one heat. Curve line. VG - VB – JVG - F/S
110/65/100 Hurdles	3:45	VB-FS-VG-JVG
400	4:15	2-turn stagger. VG - VB – JVG - F/S
100	4:35	VG - VB – JVG - F/S
800	4:50	May combine VG and JVG in one heat. Curve line. VG - VB – JVG - F/S
300 Hurdles	5:10	VG - JVG - VB - F/S
200	5:30	VG - VB – JVG - F/S
3200	5:45	All divisions run together. <b>FINISH IN LANE 4!!!</b>
1600 Relay	6:00	JVG-FSB-VG-VB
High Jump	3:15	JVG then VG-FS-VB, rolling schedule
Shot	3:15	VB then JVG-VG-FS.
Discus	3:15	VG then FS-VB-JVG.
Long Jump	3:15 then rolling	VB-JVG-VG-FSB. 10 minutes between each event for run throughs. You <b>MUST</b> register before your event starts. This is <b>NOT</b> open pit!
Triple Jump	3:15 then rolling	VG-FSB-VB-JVG. 10 minutes between each event for run throughs. You <b>MUST</b> register before your event starts. This is <b>NOT</b> open pit!