

Monta Vista Track Team 2014
El Camino League Finals
Monday, May 5 and Wednesday, May 7, 2014

Location

Wilcox High School
3250 Monroe St
Santa Clara, CA 95051

You are responsible for your own transportation to and from the meet.

The meet is starting later than usual this year to allow for AP Testing. **Field events start at 4pm and so if you are in a field event, I have scheduled you for release at 2pm.** I have not scheduled runners for early release as the first event is not until 4:30pm; if you are in one of the first events and you feel you need a few extra minutes, please let me know and I'll arrange early release.

Meet Overview

League finals for the El Camino League: Wilcox, Santa Clara, Fremont, Homestead, Saratoga and Cupertino. Oh yea—and Monta Vista! Top 5 finishers get awards...top 16 Varsity times from El Camino League and De Anza League move on to the SCVAL Qualifier meet, Friday April 16. For many of you, it's the last race of the year. **This is the meet to leave it all on the track!**

3 Things Your Coach Would Like You to Focus on at League Finals

1. **The days before:** Team, we have talked again and again about sleep, hydration and diet! So let's give ourselves a chance to do our best. Get good sleep over the weekend and Monday and Tuesday nights; to get the most out of your sleep, plan ahead and get ahead of your homework starting NOW. Eat healthy, with plenty of vegetables and protein, starting NOW. Hydrate—start carrying around water bottles and drink two bottles per day (you don't have to overhydrate—you can make yourself sick—just drink regularly) starting NOW! You have trained all season, get the **most** out of finals! *(also—if you have an AP test—you have been studying hard for the entire year for these tests—being rested and healthy should be more important than another hour of study at this point. Get some more sleep and be rested for the test and the track!)*
2. **Effort:** The amount of effort you put into your race—your training—your life—is all decided in an agreement between YOU and YOU. So today, decide what you want to put into your race. It's all you. This is a good day to find out how much is inside you.
3. **Support each other:** When you are done with your race or your event, cheer on your team. **Thank volunteers and coaches that are working the meet.** Enjoy yourself!

Notes

- Eat a good breakfast and a good lunch – pre-race, I like a banana, toast, and some protein such as peanut or almond butter, some honey for fun, and orange juice. A lot of people like oatmeal with some raisins and nuts. A good healthy lunch is needed too—turkey and avocado sandwich, sushi, rice and chicken, whatever works for you. Try something that worked for you earlier this season. 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/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! 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.
- Toilet paper (invitational meets always run out).
- Any medications you need.
- Hair ties.
- Homework for any downtime.
- \$\$\$\$ (emergencies, food, t-shirt...)

Schedule

Trials Schedule – Monday. 3:00pm Coaches' scratch meeting

4:30pm Trials begin. Rolling Schedule.

110 HH VB
 65 HH FSB
 100 HH VG, JVG
 400M VG, VB, JVG, FSB
 100M VG, VB, JVG, FSB
 3200M JVG (Final)
 300 IH VG, JVG, VB, FSB
 3200M FSB (Final)
 200M VG, VB, JVG, FSB

Field Events (all are finals) (4 attempts only, except HJ)

4:00pm JVG HJ, JVG DT, JVG LJ, FSB TJ, FSB SP
 5:15pm FSB HJ, FSB DT, FSB LJ, JVG TJ, JVG SP

Finals Schedule – Wednesday 3:00pm Coaches' scratch meeting

4:30pm 4x100M VG, VB, JVG, FSB
 4:50pm 1600M VG, VB, JVG, FSB
 5:30pm 110 HH VB
 5:35pm 65 HH FSB
 5:40pm 100 HH VG, JVG
 5:50pm 400M VG, VB, JVG, FSB
 6:10pm 100M VG, VB, JVG, FSB
 6:30pm 800M VG, VB, JVG, FSB
 7:00pm 300 IH VG, JVG, VB, FSB
 7:20pm 200M VG, VB, JVG, FSB
 7:40pm 3200M VG, VB
 8:10pm 4x400M JVG, FSB, VG, VB

Field Events updates (LJ, TJ, SP, DT, 3 attempts, then top eight 3 more attempts)

4:00pm VG LJ, VG HJ, VG DT, VB SP, VB TJ – NOTE the changes in throws schedule

6:00pm VB HJ, VB LJ, VB DT, VG SP, VG TJ – NOTE the changes in throws schedule