

<p style="text-align: center;">Monta Vista Track Team 2015 Monta Vista League Meet Double-Dual Vs. Fremont and Homestead Tuesday, March 10, 2015</p>

Transportation

YOU are responsible for arranging your transportation to Fremont 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

Fremont High School
1279 Saratoga-Sunnyvale Road, Sunnyvale
3:30pm—scheduled meet start. Plan to arrive by 2:30 to get settled.

Group warm-ups will be at 2:45ish (jog + drills). Warm up with your event group. All triple and long jumpers **must** check in and complete all run throughs by 3:30. All team members have been scheduled for early release at 1:30pm.

Meet Overview

This is our first El Camino League meet for the year. This meet is a double dual so we are going against both schools. This means we all need to compete for every spot, every point could count! Weather forecasts look good. Fremont has an all-weather track that can be fast. This should be a good start for the season!

PLEASE READ THE SCHEDULE SO THAT YOU KNOW WHEN YOUR EVENT IS RUN!

3 Things Your Coach Would Like You to Focus on at Fremont

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. We have a big team, we have to be efficient. **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. **Positive Mental Attitude:** Remember that "***This is a GREAT day to race!***" Say this out loud when you are heading to the starting line (or the jump pit!). Get your head into a space where you are ready to compete your best. We are having great weather, we are fit, this is a great week to start our season!
3. **Demonstrate that Monta Vista values the track community:** We will have many people volunteering at our meet, and we can't do this without them. Please thank at least one of the coaches, teachers or parents for volunteering. It's good for your karma, and a nice thing to do!

Notes

- You MUST be **marked with your ID number** before the start of the meet! **Know your ID number!**
- 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. A snack at brunch is smart. 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	3:30	2 turn stagger. VG - VB – JVG - F/S
1600 (Mile)	3:40	May combine VG and JVG in one heat. Curve line. VG - VB – JVG - F/S
110/65/100 Hurdles	4:00	VB-FS-VG-JVG
400	4:15	2-turn stagger. VG - VB – JVG - F/S
100	4:30	VG - VB – JVG - F/S Fast runners in first two heats (scoring) each division.
800	4:45	May combine VG and JVG in one heat. Curve line. VG - VB – JVG - F/S
300 Hurdles	5:00	VG - JVG - VB - F/S
200	5:15	VG - VB – JVG - F/S Fast runners in first two heats (scoring) each division.
3200	5:30	All divisions run together. FINISH IN LANE 4!!!
1600 Relay	5:50	FSB-JVG-VG-VB
High Jump	3:30	JVG then VG-FS-VB, rolling schedule. Check in before competition starts—as soon as judge arrives.
Shot	3:30	VB then JVG-VG-FS Make sure you tell them your division—V or JV or FS!!! Check in before competition starts—as soon as judge arrives.
Discus	3:30	VG then FS-VB-JVG Make sure you tell them your division—V or JV or FS!!! Check in before competition starts—as soon as judge arrives.
Long Jump	3:30	Open pit from 3:30pm to 5:30pm. Run throughs are allowed until competition begins so get your marks set soon after you arrive at Fremont. Get your jumps done early don't wait until the last minute!
Triple Jump	3:30	Open pit from 3:30pm to 5:30pm. Run throughs are allowed until competition begins so get your marks set soon after you arrive at Fremont. Get your jumps done early don't wait until the last minute!