

**Monta Vista Track Team 2015**  
**Monta Vista League Home Meet Vs. Wilcox**  
**Thursday, April 2, 2015**

**Transportation**

You are all responsible for your own transportation...which means, guess what—you all have to 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. If you have a later event, you don't have to leave early, but still you should be at the track at the start and leave yourself time to warm up.

**Meet Overview**

This is our first home track meet of the year! So be a good host...that means:

- Thank your volunteers, our teachers and our parents. Make sure they know you appreciate them being out there with us.
- Compete hard and compete with honor. Respect your opponents, congratulate them or thank them after a race.
- Run hard!

**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 our timer 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 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. **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!

"My life is a gift to me.  
What I do with my life is my gift back."  
—billy mills

#### 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!
- 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.

"If you run hard, there's the pain-and you've got to work your way through the pain ... You know, lately it seems all I hear is 'Don't overdo it' and 'Don't push yourself.' Well, I think that's a lot of bull. If you push the human body, it will respond."

-Bob Clarke

“Many of life's failures are people who did not realize how close they were to success when they gave up.”

-Steve Prefontaine

# WELCOME!

## ***MONTA VISTA TRACK&FIELD***

Where it is always ***A GREAT DAY TO RACE!***

### **WILCOX v. MONTA VISTA**

#### **Order of Events**

***We will be on a ROLLING SCHEDULE moving as fast as possible so pay attention to meet progress, and listen for announcements!***

Event	Notes
400 Relay	3:15 start. VG-VB-JVG-FSB. Set up blocks while prior race is running.
1600	VG-VB-JVG-FSB: 2, 3, or 4 heats: Depending on number of competitors, we will run all girls together (V and JV) then all boys together (V and FS). Girls, please report immediately after 400 relay for the starter to make a decision.
110/65/100 Hurdles	VB-FSB-VG-JVG <b>EVERYONE</b> help with hurdles please! Top 3 placers come from first heat.
400	VG - VB - JVG- FSB. Fill all empty lanes. Top 3 placers come from first heat.
100	VG - VB - JVG - FSB Fill all lanes—don't wait for an invitation! Top 3 placers come from first heat.
800	4 heats VG - VB - JVG – FSB. JV girls please report with VG so we can decide whether to combine heats or not.
300 Hurdles	VG - JVG - VB - FSB <b>EVERYONE</b> help with hurdles please!
200	VG - VB - JVG - FSB Fill all lanes—don't wait for an invitation! Top 3 placers come from first heat.
3200	All divisions run together. <b>FINISH IN LANE 4!!!</b>
1600 Relay	2 heats. All V Girls and JV Girls run in one heat, then VB and FSB in second heat. 3 turn stagger. Cheer tunnel recommended!
High Jump	JVG-VG-FS-VB Rolling schedule please sign in early!
Shot	VB-JVG-VG-FSB-then open. 5 competitors per school in each division, after four divisions compete then all others may throw as time allows (marks will be recorded)
Discus	VG-FSB-VB-JVG-then open. 5 competitors per school in each division, after four divisions compete then all others may throw as time allows (marks will be recorded)
Triple Jump	Open pit for 1 hour (will be extended if needed/jumpers are in line). Warm up/run through 2:45-3:30. Sign in during warm ups.
Long Jump	Open pit for 2 hours. Warm up/run/ through 2:45-3:30. Sign in during warm ups. Will have one pit until TJ closes, then will open up both pits for LJ. (will be extended if needed/jumpers are in line)