

Monta Vista Track Team 2015
Pacific Grove Track and Field Invitational
Saturday, April 25, 2015

Location

Pacific Grove High School
615 Sunset Dr, Pacific Grove, CA 93950
Arranging travel to the meet is your responsibility.

Meet Overview

This is our first time attending the Pacific Grove Invitational. We don't know what to expect but hey, trying something for the first time is always fun! In addition to having a great race and experience, maybe you can plan something extra with your friends and family, like a stop at the beach or a late lunch at Gayles in Aptos...

This meet is on a rolling time schedule, and since we have never been there, get to the race early and make yourself comfortable. Bring some homework or prep for AP exams and wait for your race and cheer on your friends and watch some good track!

- Keep the event schedule with you and warm up relative to the way you see the events proceeding.
- Remember that HS athletes hardly ever warm up enough, so if you make a mistake in your warm up time, it's better to warm up too much than too little.

Note: Check in at the course clerk, located on the track, as soon as you arrive!

3 Things Your Coach Would Like You to Focus on at Pacific Grove

1. **Good Karma:** Thank the people working at the meet, be cheerful and supportive of your competitors before and after the race—and during the event, use your competitors to help you achieve something great and cool and memorable.
2. **Positive Mental Attitude:** Say it out loud when you are on the starting line—***This is a GREAT day to race!*** (Every day is a great day to race, isn't it?). Shake hands with at least one of your competitors on the line and say 'good luck.'
3. **Think about your 'why':** Why do you want to do well at your event? Why did you work so hard all season to improve, why do you want to work years to be better than you were? What drives you to want a PR? If you understand the 'why', you will be able to dig down deep when it gets hard. This is true in life as well as track; why do you want to be better at math? Why do you want to speak French? Why do you want to play the piano well? Understanding and committing to your 'whys' will help you work hard and with dedication towards your goals, and persevere when the going gets difficult.

Notes

- Get to bed early no matter what time your race is! Let's say, be in bed at 10pm.
- Get up at least 3 hours before your race start.
- Eat a good breakfast – on race day, 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. If you are not racing until the afternoon, a slightly bigger breakfast and a snack about 3 hours before your race is a good idea—even a full lunch if you are in the last race of the day. This is YOUR fuel so pick out what works for you. You

have to eat well to race well. Whatever you eat, I suggest you 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 honey sandwich (a personal favorite), or a turkey sandwich, and a piece of fruit. Chocolate milk is a good recovery drink and tastes good too. Try to eat something small, with protein and carbohydrates, within 30 minutes of finishing your warm down, and have a complete meal within 2 hours of finishing.
- Check the weather report to figure out what clothes to bring! Right now the weather looks decent but check the night before. It will should be good racing weather (I know that you laugh at your coach for always saying this is PR weather but this really could be a good day!). 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. I keep a couple of big trash bags in my bag.
- Toilet paper (invitational meets always run out).
- Any medications you need.
- Hair ties.
- Homework for any downtime.
- \$\$\$\$ (emergencies, food, t-shirt...)

See meet information at

<http://www.athletic.net/TrackAndField/MeetResults.aspx?Meet=232189#1086>

Entries

Akshay Thontakudi - 12

V 1600 Meters 4:51.78a

Emilio Torres-Gonzalez - 12

V 800 Meters 2:14.25a

Bennett Zhang - 10

3200 Meters 10:08.30a

Sanjna Bharadwaj - 12

V High Jump 5' 0.00

Julia Chang - 12

V 3200 Meters 11:50.77a

Madhumitha Govindaraju - 11

V 100m Hurdles 21.10a

Mizuki Kadowaki - 9

3200 Meters 12:50.0c [12:50]

Parvathi Meyyappan - 10

V 3200 Meters 12:00.0c [12:00]

Mahima Shanware - 9

= 100 Meters 14.70a

High Jump 4' 5.00

Salma Sheriff - 10

3200 Meters 12:46.61a

Sneha Srinivasan - 10

100m Hurdles 23.14a

Namrata Subramanian - 11

V 1600 Meters 5:41.68a

Anjini Venugopal - 9

100 Meters 14.89a