

<p style="text-align: center;"><b>Monta Vista Track Team 2016</b> <b>Monta Vista League Home Meet Vs. Santa Clara and Fremont</b> <b>Tuesday, March 22, 2016</b></p>
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### **Transportation**

Guess what—all you have to do is walk out to the track!

### **Location & Start**

Our track! 3:30pm—scheduled meet start. All team members have been scheduled for early release at 2:30pm to give you time to get dressed, get out to the track and warm up.

### **Meet Overview**

This is our first home track meet of the year! And with a 3-way meet, this meet will have a lot of energy. Both schools have a lot of cool kids and good athletes—you will have good competition.

With three schools, this meet is scored as what is called a 'double-dual'—each school is compared against the other school independently. So someone is 6<sup>th</sup> or 7<sup>th</sup> or 8<sup>th</sup> place could be scoring a point—let's all fight for every spot!

**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 Hank Lawson 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 sensor 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 you. If you are a jumper or thrower, be ready at the start; if your event is 'open pit' get your jumps done early. **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!

## 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.

## Schedule

Bring this with you so you know when you will be running! Order is VGirls-VBoys-JVGirls-F-SBoys unless noted.

Listen for announcements, **ESPECIALLY FOR FIELD EVENTS**, as timing may change (and we may go open-pit)!

**Times: we will be on a rolling schedule** and we will move along as fast as we can! **BE FLEXIBLE AND BE**

**TOLERANT**—and helpful!!!—with the volunteers running the meet!

Event	Notes
400 Relay	3:30 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 in both divisions, please report immediately after 400r for the starter to make a decision about number of heats. Boys in both division after girls' race, all meet at start. Alley start.
110/65/100 Hurdles	VB-FSB-VG-JVG <b>EVERYONE</b> help with hurdles please!
400	VG - VB - JVG - FSB. Fastest runners first. Fill all empty lanes.
100	VG - VB - JVG - FSB Fastest runners first. Score from first two heats. Fill all lanes.
800	4 heats VG - VB - JVG – FSB. Depending on number of competitors, we will run all girls together (V and JV) then all boys together (V and FS). Girls in both divisions, please report immediately after 100m for the starter to make a decision about number of heats. Boys, the same afterwards. Alley start.
300 Hurdles	VG - JVG - VB - FSB <b>EVERYONE</b> help with hurdles please!
200	VG - VB - JVG - FSB Fastest runners first. Score from first two heats. Fill all lanes.
3200	All divisions run together. <b>FINISH IN LANE 4!!!</b> Alley start.
1600 Relay	2 heats. All V Girls and JV Girls runs in one heat, then VB and FSB in second heat. 3 turn stagger. Cheer tunnel recommended!
High Jump	3:30 start. JVG-VG-FS-VB Rolling schedule please sign in as soon as you are here!
Shot	3:30 start. All boys report to shot first, the shot judge will make a decision about number of flights. All boys will throw shot first, then all boys move to discus.
Discus	3:30 start. All girls report to discus first, the discus judge will make a decision about number of flights. All girls will throw discus first, then all girls move to shot.
Triple Jump	3:30 start. Open pit until 5pm or no one jumping (will be extended if needed and jumpers are in line). Warm up/run through 2:45-3:30. Sign in closes 3:45.
Long Jump	3:30 start. Open pit until 5pm or no one jumping (will be extended if needed and jumpers are in line). Warm up/run through 2:45-3:30. Sign in closes 3:45.