

**Monta Vista Track Team 2016**  
**Firebird Relays**  
**Saturday, March 26, 2016**

**Location**

Fremont High School  
1279 Sunnyvale Saratoga Rd., Sunnyvale , CA

**Meet Overview**

This is the fifth year that this meet has been held. We have just received word that this meet, like De Anza last week, is suddenly oversubscribed so again we are going to have to be patient with scheduling! The upside is that this should be great competition on a fast track. Looks like great weather for a track meet.

John McKeeman and Rick Blomquist will be the MV coaches on-site.

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

1. **Preparation:** Warm up more than you think you need to. High school athletes hardly ever warm up enough. Try getting really warm and see what it feels like when you race. You should be a little sweaty at the starting line.
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. You are getting fit, you have been racing well, you are ready to have an excellent race!
3. **Be aware, be flexible:** Get to the meet early. They are going to run on a rolling schedule as fast as they can. I took Hank Lawson out to coffee this morning and he said if they can collapse heats, they will do that, and try to get done early. I know this is annoying and hard to plan for but you just have to roll with it and make the best of it. For runners with events later in the day, if you go to <http://lynbrooksports.prepcaltrack.com/ATHLETICS/TRACK/2016/2016.htm> there will be live updates on line which will help you figure out how early you have to be at Fremont. I'd like to give you a definitive answer, but the truth is that you are going to be responsible for being on top of your race, what is going on before your race, and making sure you are there at the start and ready to go!

**Notes**

- Things will change! Check the Lynbrook web site above for schedule updates.
- 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. Have a glass of water and continue to hydrate!
- Eat a good breakfast – pre-race, I like a banana, toast, and some protein such as peanut or almond butter, some honey or jam for fun, and 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. 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. (I still remember a senior in 2011, he showed up after no breakfast and had Sport Beans for lunch. He got loopy, had a horrible race, and Coach Matt and I teased him for the rest of the season! You don't want to be **'that guy'**!)

- 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 to figure out what clothes to bring! Dry clothes for after the race.
- You are responsible for arranging how to travel to and from the meet!

#### **CLEAN UP YOUR KARMA!**

**Remember to thank at least one meet volunteer, official or timer. Go introduce yourself to Hank Lawson (timing the meet) and let him know you appreciate what he does. Introduce yourself to Coach Mark Shields of Fremont and thank him for putting on this meet. Thank the people who check you in...this is easy and what you say will be appreciated! Win or lose, good race or bad, it is always good karma to say 'thank you'.**

#### **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, **meet t-shirt**...)

The meet entries and estimated schedule for your event is available on line here (remember that the time they are giving for each event is ONLY AN ESTIMATE, they could be early or late):  
[http://lynbrooksports.prepcaltrack.com/ATHLETICS/TRACK/2016/fire\\_ent.htm](http://lynbrooksports.prepcaltrack.com/ATHLETICS/TRACK/2016/fire_ent.htm)

**Your body will argue that there is no justifiable reason to continue. Your only recourse is to call on your spirit, which fortunately functions independently of logic.**

**--Tim Noakes**

#### **Monta Vista Entries and Estimated Times**

See [http://lynbrooksports.prepcaltrack.com/ATHLETICS/TRACK/2016/fire\\_ent.htm](http://lynbrooksports.prepcaltrack.com/ATHLETICS/TRACK/2016/fire_ent.htm) for source document and for any changes, this is coach flatow's manual copy for MV and there may be errors.

Event # / Event Name / Estimated Time (may be early or late) / Athlete(Yr) /Seed

**Event 012 FSG-100H (8:45)** Jessica Ji (9)17.62  
**Event 012 FSG-100H (8:48)** Sabrina Hung (10)19.18  
**Event 012 FSG-100H (8:57)** Cheryl Chui (10) 22.02 Valerie Lee (10) 22.04  
**Event 007 FSG-1600 (9:30)** Melinda Ximen (9) 6:42.0 Bhavna Sud (10) 6:47.27  
**Event 008 FSB-1600 (9:46)** Piyush Masukar (9) 5:17.74  
**Event 006 VB-1600 (10:18)** Andrew Ma (11) 4:49.5 Aayush Jain (11)  
 Rahul Uppuluri (11) Monta Vista NM  
**Event 004 FSB-400R (10:46)** Monta Vista - A 49.04  
**Event 016 FSB-400 (12:14)** Eliot Lubomirsky (10) 56.12  
**Event 019 FSG-100 (1:57)** Mahima Shanware (10) 14.58  
**Event 020 FSB-100 (2:06)** Chi-Min Chiang (10) 12.16  
**Event 020 FSB-100 (2:15)** Jonathan Sevilla (9) 12.80  
**Event 018 VB-100 (2:51)** Adam Jancis (11) 12.17  
**Event 023 FSG-800 (3:00)** Anjali Thontakudi (9) 2:39.35  
**Event 024 FSB-800 (3:12)** Peter Heydinger (9) 2:16.95  
 Piyush Masukar (9) Monta Vista 2:22.13  
 Matthew Gong (10) Monta Vista 2:47.52  
**Event 026 FSG-300H (4:10)** Sabrina Hung (10) 55.95  
**Event 026 FSG-300H (4:14)** Pallavi Komma (9) 1:06.56  
**Event 032 FSB-200 (5:50)** Eliot Lubomirsky (10) 25.14  
**Event 032 FSB-200 (5:54)** Chi-Min Chiang (10) 25.58  
**Event 032 FSB-200 (5:58)** Jonathan Sevilla (9) 26.20  
**Event 030 VB-200 (6:50)** Adam Jancis (11) 25.10  
**Event 035 FSG-3200 (6:58)** Akshara Majjiga (10) 12:44.26  
**Event 034 VB-3200 (7:13)** Anindit Gopalakrishnan (12)11:45.68  
**Event 036 FSB-3200 (7:28)**  
 Derek Lee (10) Monta Vista 11:33.61  
 Ethan Lin (10) Monta Vista NM  
**Event 041 VG-HJ (2:30)** Natalie Ohran (11) 4-02  
**Event 042 VB-HJ (12:00)** Robin Stodieck (11) 5-00  
**Event 043 FSG-HJ (10:30)**  
 10 Jasmine Tsai (9) Monta Vista 4-04  
 20 Mahima Shanware (10) Monta Vista 4-10  
 21 Jessica Ji (9) Monta Vista 5-00  
**Event 047 FSG-SP (10:00)**  
 11 Rucha Bhise (10) Monta Vista 20-04  
 24 Rupali Sujan (10) Monta Vista 24-05  
 31 Annabel [Liding] Li (10) Monta Vista 28-06  
**Event 051 FSG-DT (2:00)**  
 11 Rucha Bhise (10) Monta Vista 55-00  
 17 Annabel [Liding] Li (10) Monta Vista 61-00  
 30 Rupali Sujan (10) Monta Vista 84-02  
**Event 055 FSG-LJ (1:30)**  
 8 Anika Hegde (10) Monta Vista 9-04.5  
 14 Samhitha Tarra (10) Monta Vista 12-04  
 20 Cynthia Gong (9) Monta Vista 12-09  
 23 Reema Apte (9) Monta Vista 13-01.5  
**Event 056 FSB-LJ (3:00)**  
 19 Manu Kondapaneni (9) Monta Vista 14-03.5  
 48 Akshay Gopalkrishnan (9) Monta Vista 16-10  
**Event 059 FSG-TJ (3:30)**  
 22 Cynthia Gong (9) Monta Vista 29-09  
 24 Reema Apte (9) Monta Vista 29-10  
**Event 060 FSB-TJ (11:00)**  
 2 Manu Kondapaneni (9) Monta Vista 25-05  
 14 Shakthi Elangovan (9) Monta Vista 30-08  
 45 Derek Zheng (9) Monta Vista 40-09