

**Monta Vista Track Team 2016**  
**Willow Glen Track and Field Invitational**  
**Saturday, March 5, 2016**

**Location**

2001 Cottle Avenue, San Jose, CA 95125

The track is at the back of the school, there is parking on Cherry Avenue close to the grandstands.

**You are responsible for arranging your own travel to and from the meet!**

**Meet Overview**

This is a fairly new, nice and fast track and a great place for your first race of the season. Also, this is the site of Coach Flatow's high school glory years—he was a Willow Glen Ram and wore red and gold before switching to purple! It's a well-run meet and this is the 10<sup>th</sup> annual meet, but the races are fairly low-key so no need to be stressful. This is a good chance to get your racing legs back and have some fun!

This meet is on a rolling time schedule, and is getting popular—the last few years there were dozens of heats in the 100m and 200m events. In past years this meet has gone both fast or slow. It's a big reason why I want you at only one event in this first meet. Pay attention to the time and what is going on in the meet! Coaches will help you but ultimately being ready to go and on the starting line on time is your responsibility. You must be there at least an hour before your event, however I suggest you get there earlier than that to sign in, chill, and have plenty of warm up time.

***Note: Check in at the course registrar as soon as you arrive! This line can get long at WG. Usually the registrar is under the stands, near the finish line. MV sets up in the stands directly above the registrar, near the finish line.***

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

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. **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?)
3. **Demonstrate that Monta Vista values the racing community:** Thank at least one of the officials or volunteers for being out there helping with the race. We would not have track and field without their efforts. MV is known for sportsmanship, the more officials and volunteers will look out for us and help us. Thank everyone you can, this costs you nothing and your words mean more than you. PLEASE make an effort and go find **Coach Santamaria** from Willow Glen, he will be wearing red, and introduce yourself...you will be meeting one of the really fine coaches in our area.

**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. 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, 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 good. 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, racing shoes, extra spikes, spike wrench/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, t-shirt—they do sell meet t-shirts at WG for \$15, usually very nice...)

### Entries and Target Time Schedule (Rolling Time Schedule)

Bring this with you. Schedules can change quite a bit. Note that later horizontal jumps often run late—be patient. Bring water, snacks, and clothing that is ready for all weathers.

|         |                  |            |              |               |                 |                |
|---------|------------------|------------|--------------|---------------|-----------------|----------------|
| 8:30am  | FSB High Jump    | FSG Discus | FSB Shot Put | FSB Long Jump | VB Triple Jump  | FSB Pole Vault |
| 9:00am  | FSB 3200m Run    |            |              |               |                 |                |
| 9:20am  | FSG 3200m Run    |            |              |               |                 |                |
| 9:40am  | 4x100m Relay     | FSB        | FSG          | VG            | VB              |                |
| 10:30am | High Hurdles     | VG 100m    | FSG 100m     | VB 110m       | FSB 65m         |                |
| 10:30am | VB High Jump     | VG Discus  | VB Shot Put  | VB Long Jump  | VG Triple Jump  | FSG Pole Vault |
| 11:15am | VG 3200m Run     |            |              |               |                 |                |
| 11:30am | 100m Dash        | FSB        | FSG          | VG            | VB              |                |
| Noon    | VB 3200m Run     |            |              |               |                 |                |
| 12:30pm | 200m Dash        | VG         | VB           | FSB           | FSG             |                |
| 12:30pm | FSG High Jump    | FSB Discus | FSG Shot Put | FSG Long Jump | FSG Triple Jump | VG Pole Jump   |
| 1:30pm  | 800m Dash        | VG,        | VB           | FSG           | FSB             |                |
| 2:30pm  | Intermediate Hdl | FSG        | VG           | FSB           | VB              |                |
| 2:30pm  | VG High Jump     | VB Discus  | VG Shot Put  | VG Long Jump  | FSB Triple Jump | VB Pole Vault  |
| 3:15pm  | 400m Dash        | VG         | VB           | FSG           | FSB             |                |
| 4:00pm  | 1600m Run        | VG         | VB           | FSB           | FSG             |                |
| 5:00pm  | 4x400m Relay     | FSG        | FSB          | VG            | VB              |                |