

| |
|---|
| <p style="text-align: center;">Monta Vista Track Team 2017 Monta Vista League Meet Hosting Cupertino Tuesday, April 25, 2017</p> |
|---|

This is our last dual meet of the season, so let's all get out to the track by 2:30pm, so we can warm up together and get a good cheer going before we start!

Transportation

Guess what—this is our first home meet of the year! You don't need to arrange transportation, you simply have to remember to bring your uniform and walk out to our track. Yay!

Location & Start

Home meet! You know where our track is by now. You are released at 2:15, let's all get out to the track by 2:30pm. The meet is scheduled to start with the 4x100 at 3:15pm.

Meet Overview

Wilcox is a traditional track power—not too long ago, the Wilcox boys and girls won three straight Varsity league championships with 6-0 records. This year our big battle will be the Frosh-Soph boys; our boys are 5-0 and the 4-1 Wilcox boys are the only thing standing in the way of an undefeated season!

Stay for the entire meet and cheer on our teams all the way through the 4x400m!

Long and triple jump will be open pit from 3:30-5:00 but you **MUST** sign in by 3:30 and have all your run throughs done—we will not let anyone sign up late. For all field events, make sure you check in early!

3 Things Your Coach Would Like You to Focus Upon

1. **You are fit:** You more fit and more experienced than you were at the start of the season. This meet is your last chance to improve your seed mark for leagues, and for some of you might be your last race of the season. So let's throw our hearts into this race! ***Effort counts twice.***
2. **Do One Thing Perfectly:** Focus on the process, not your competitor, before your race. Think of something that your coach taught you, or emphasized this season. This focus item could be anything: A warm up drill; a mental exercise; your first lap pacing; a detail of form or technique; a race tactic or strategy, anything!
3. **Set a high bar for sportsmanship:** Say good luck to your competitors and congratulations afterwards. Don't forget to remind your teammates that 'It's a great day to race.' Walk up to the Wilcox coaches, even, and say 'welcome to Monta Vista' (I could tell you some great things about the Wilcox coaches, they deserve a good word). **And always...say thank you** to the volunteers, teachers, parents, the starter and the timer who make our meets possible!

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. 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 (Monta Vista gear preferred, let's leave that old Warriors t-shirt at home!).

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—you should not need to ask your coach! Order is VBoys-VGirls-JVGirls-F-SBoys unless noted. Listen for announcements, ESPECIALLY FOR FIELD EVENTS, as timing may change! **TIMES ARE ONLY AN ESTIMATE** we will move along as fast as we can—this is a rolling schedule! BE FLEXIBLE AND BE TOLERANT with the volunteers running the meet!

| Event | Guess at Time | Notes |
|---------------------------|---------------|--|
| 400 Relay | 3:15 | VG - VB – JVG- F/S B (girls may be combined into one heat so listen for announcements) |
| 1600 (Mile) | 3:25 | All girls will run together (V and JV) then boys (V and FS may be combined, check in and starter will determine) |
| 110/65/100 Hurdles | 3:45 | VB-FS-VG-JVG Please help with hurdles |
| 400 | 4:15 | VG - VB - JVG- F/S |
| 100 | 4:35 | VG - VB - (JVG) F/S Fill up all lanes—don't wait for an invitation! |
| 800 | 4:50 | VG-VB-JVG-F/SB. Waterfall start. Will combine all girls, maybe boys. |
| 300 Hurdles | 5:10 | VG - JVG - VB - F/S Please help with hurdles |
| 200 | 5:30 | VG - VB - (JVG) F/S S Fill up all lanes—don't wait for an invitation! |
| 3200 | 5:45 | All divisions run together. FINISH IN LANE 4!!! |
| 1600 Relay | 6:00 | VB&FS, and VG&JVG, girls will almost certainly be combined. |
| High Jump | 3:30 | Girls-FS-VB, rolling schedule |
| Shot | 3:30 | VB then JVG-VG-FS (check in early with judge to verify schedule; will be rolling schedule) |
| Discus | 3:30 | VG then FS-VB-JVG (check in early with judge to verify schedule; will be rolling schedule) |
| Long Jump and Triple Jump | 3:30 | Open pit until 5pm. Must check in and do run throughs before 3:30. |