

Monta Vista Track Team 2018
Monta Vista League Meet Vs. Wilcox
Wednesday, March 7, 2018

Transportation

YOU are responsible for arranging your transportation to Wilcox, on time! If you are driving, don't leave with an empty seat in your car (especially invite Freshmen and Sophomores who can't drive themselves and don't have any options). I know you can figure this out!

Location & Start

Wilcox High School
3250 Monroe St
Santa Clara, CA 95051

3:15pm—scheduled meet start. Plan to arrive by 2:15 to get settled. Group warm-ups will be at 2:30ish (jog + drills). All team members have been scheduled for early release at **1:20pm.**

Meet Overview

This is our first El Camino League dual meet for the year. This meet will be a great chance to see where we rank compared to other league teams and make a statement about where we fit in the league pecking order.

3 Things Your Coach Would Like You to Focus on at Wilcox

1. **Pay attention to what is going on around you:** This is our first dual meet of the year. We have a lot of first season athletes. If you are doing this for the first time, and are confused at all, ask someone—don't be the person that says 'oops I missed my event'. **Give yourself plenty of time to warm up.** If you are a veteran track athlete, help out the new people—be a leader and make the team better!
2. **Positive Mental Attitude:** ***"This is a GREAT day to race!"*** Say this out loud when you are heading to the starting line (or the jump pit!). The weather looks like nice, warm, perfect track weather. During your event, focus on competing and doing your best. If you find yourself feeling negative, give a big smile and talk to a teammate to get yourself up! Remember how lucky we are to be running and jumping and throwing, many people cannot or sadly choose not to be athletic! Say good luck and well done to teammates and competitors, that shows respect for our sport.
3. **Demonstrate that Monta Vista values our volunteers who make the meet possible:** Thank at least one of the officials or volunteers for being out there. Thank the Wilcox teachers who have volunteered to come out and help your event. We would not have these races without them. Thank whoever drove you to Wilcox; you would not be racing without them. Help move a few of the hurdles if you are just hanging out. We want volunteers to WANT to come to help make Monta Vista track meets great! Thank the Wilcox coaches, too; and Hank Lawson for timing us.

Notes

- You **MUST** be **marked with your ID number** before the start of the meet! **Know your ID number!**
- 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! ☺
- 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. You don't want to be hungry and low on fuel when you go to compete. 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. **Be well hydrated, too.**
- 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.
- 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!
- 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 VBoys-VGirls-JVGirls-F-SBoys unless noted.

Listen for announcements, **ESPECIALLY FOR FIELD EVENTS**, as timing may change. We will be on a rolling schedule and we will move along as fast as we can! **BE FLEXIBLE AND BE TOLERANT!**

Field event athletes, please note that you MUST CHECK IN before the event starts! If the event starts and you have not checked in, you missed out, can't compete, and you are not helping your team. Pay attention and sign in early!

Event	Notes
400 Relay	2 turn stagger. VG - VB - (JVG) F/S
1600 (Mile)	Probably will have three heats (All girls, then varsity boys and then FS boys), but listen for announcements. Curve line. VG - VB - JVG - F/S
110/65/100 Hurdles	VB-FS-VG-JVG
400	2-turn stagger. VG - VB - (JVG) F/S
100	VG - VB - (JVG) F/S
800	Probably will have three heats (All girls, then varsity boys and then FS boys), but listen for announcements. Curve line. VG - VB - JVG - F/S
300 Hurdles	VG (JVG) - VB - F/S
200	VG - VB - (JVG) F/S
3200	All divisions run together. FINISH IN LANE 4!!!
1600 Relay	JVG, FSB, VG, VB, girls heats may be combined.
High Jump	JVG-VG-FSB-VB, rolling schedule—pay attention! Sign up before event.
Shot	VB-JVG-VG-FSB, rolling schedule—pay attention! Sign up before event.
Discus	VG-FSB-VB-JVG, rolling schedule—pay attention! Sign up before event.
Long Jump	Open pit, 3:15-4:30. All run throughs must be complete by 3:15. You must check in by the time the first jumper jumps so sign in when you arrive.
Triple Jump	Open pit, 4:30-5:30. All run throughs must be complete by 4:30. You must check in before the event starts!!!