

**Monta Vista Track Team 2018**  
**Junipero Serra Top 7**  
**Saturday, April 14, 2018**

“Our potential is one thing. What we do with it is quite another.”

*-Angela Duckworth*

**Location**

**Junipero Serra High School**

451 West 20th Avenue  
San Mateo, CA 94403-1335

**PLAN TO ARRIVE AT LEAST ONE AND A HALF HOURS BEFORE YOUR RACE TIME!!!**

You must check in with the clerk of the course NO LATER THAN 40 minutes before your race, and give yourself time to warm up. Athletes check in again 15 minutes before the race to get lane assignments and hip numbers.

The meet can run late, and the sign in desk can be overloaded (and they can run out of patience and bark at you, unfortunately). So help them out by doing three things:

- Pay attention and sign in early.
- If they ask you to come back, stick around, pay attention, and come back early.
- THANK THE VOLUNTEERS for helping put on a large and well run meet!

**Meet Overview**

There are a LOT of teams registered and this has always been an excellent meet for MVTF athlete PRs! Coach John McKeeman will be at the meet as the coach for all of you. By the way, I am STOKED to see so many athletes at this Invitational. **We have 34 athletes signed up for Serra!** I wish I was going to be there to see all your personal records...

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

1. **Represent your school, your team, and yourself:** The way you compete—your bravery, your integrity, the way you respond when you reach what you think your limits are, the way you react to victory or defeat, to success or disappointment, says a lot about you and every family or group you are a part of. Compete to the best of your ability and with the best sportsmanship that you can and you can be proud and we will be proud of you, no matter where you finish.
2. **Pacing and planning:** At this point in the year, you should have a pretty good idea of what you want to do out there. If you are a distance runner, start out UNDER CONTROL—aim for a negative split. Go out under control but keep building and racing harder throughout the race...make the hard middle laps solid and run a long hard kick. You are fit! For sprinters and jumpers, get in your pre-event routine and stick with it—routine will calm you down and it will be useful for league finals when you will want to be amped up.

3. **Set a high bar for sportsmanship:** Say good luck to the competitors next to you at the start, thank the officials for being there, and thank Coach John for giving up his Saturday to be there for you.

### Notes

- NO ELECTRONICS OF ANY TYPE ON THE FIELD! Leave it with me. Expect them to be sticklers.
- Warm up area is the baseball outfield—they specifically ask us to stay off the infield and outside the dugouts.
- 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 or light 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. 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. Don't eat junk or sports beans or something like that; eat good food.
- 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!

### 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!** At a big meet it can be nerve-wracking to mess with spikes at the last minute.
- 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.
- Homework for any downtime.
- \$\$\$\$ (emergencies, food, t-shirt...)

“As much as talent counts, effort counts twice.”

*-Angela Duckworth*

### Entries and Schedule (Estimated times)

| Event        | Estimated Time (girls first, then boys) | MV Athletes (we are all competing in the Varsity divisions at Serra)          |
|--------------|---|---|
| 4x100        | 9am                                     | None  |
| 1600m        | 9:15am                                  | Triya, Jeffrey, Derek, Rohun, Sid, Piyush                                     |
| High Hurdles | 9:45am                                  | Ben, Sean   |
| 400m         | 10:05am                                 | Bianca, Vivian, Ananya, Reema, Eliot, Vishal, Guna                            |
| 100m         | 10:35am                                 | Evelyn, Brooke, Nanda, Melannie, Sneha, Morris, Pranav, Jonathan, Khang, Guna |
| 800m         | 11:00am                                 | Anjali, Justin, Andrew, Alex  |
| Low Hurdles  | 11:25am                                 | Ben, Sean   |
| 200m         | 11:55am                                 | Bianca, Brooke, Nanda, Melannie, Sneha, Eliot, Vishal, Guna                   |
| 3200m        | 12:35pm                                 | Sanjana, Sylvana, Rachel  |
| 4x400        | 1:15pm                                  | Evelyn, Brooke, Bianca, Reema, Eliot, Derek/Vishal, Peter, Justin             |
| Shot         | 9am-Boys, 11am-Girls                    |   |
| Discus       | 9am-Girls, 11am-Boys                    |   |
| High Jump    | 9am-Girls, 11am-Boys                    | Albert, Pranav  |
| Long Jump    | 9am-Boys, 11am-Girls                    | Albert, Khang   |
| Triple Jump  | 9am-Girls, 11am-Boys                    | Reema, Pranav, Khang  |

Information from the meet itself, including their published schedule, is at:  
<http://lynbrooksports.prepcaltrack.com/ATHLETICS/TRACK/2018/top7info.pdf>

You should arrive 90 minutes before your race time...however, they may run late. But you will not know until you get there. Bring along a good attitude, water and snacks, and maybe some homework to work on! Check in with a coach or other athletes as soon as you arrive to see how the schedule is looking.

“So long as you keep searching for ways to change your situation for the better, you stand a chance of finding ways to improve. When you stop searching, assuming they can’t be found, you guarantee they won’t.”

*-Angela Duckworth*