

**Monta Vista Track Team 2021**  
**Monta Vista League Home Meet Vs. Mountain View**  
**Friday, April 30, 2021**

**Transportation**

Guess what—all you have to do is walk out to the track! This is a home meet.

**Location & Start**

Our track! 4:00pm—scheduled meet start. All team members have been scheduled for early release at 2:30pm to give you time to get dressed, get out to the track and warm up.

**Meet Overview**

This is our first home dual meet in two years so let's make it a burner! Let's go out there and compete!

**A few things to remember:** You must stay clear of the start/finish area, especially clear of the camera area – if you kick the tripod, the meet stops to re-align it. Don't look over the timer's shoulder, live results will be available on-line. (But please go say thank you to our timer, Hank Lawson. Hank is the best timer around, and is a huge supporter of CCS track and field. He is a new grandfather and he still times meets! He has been very supportive of high school athletes during the pandemic. It's a really nice thing to tell him that his work is appreciated.) Do not cross the finish line and set off the camera—unless you are racing.

**PLEASE READ THE SCHEDULE SO THAT YOU KNOW WHEN YOUR EVENT IS RUN!**

**3 or 4 Things Coach Flatow Would Like You to Focus on at During this Meet**

1. **Organization:** Pay attention to how the meet is proceeding so that you are ready to go for your event. Let's help keep the meet moving along promptly. Listen carefully to the starter's instructions as he will be trying to move things along. Set up your blocks as soon as your spot is clear don't focus on the athlete in front of you. If you are a jumper or thrower, be ready at the start; if your event is 'open pit' get your jumps done early. **Be at the start of your event 5 minutes early; don't wait for an invitation to fill a lane at the start, get in your lane and start getting ready.**
2. **This is our House:** When you are on the track give a fierce effort, and as soon as you are done congratulate the finishers around you. Cheer your teammates...compliment your competitors before and after your race...**compete and give your best effort.**
3. **REPRESENT:** Wear your uniform or other MV gear at all times, no random pro team, college, rock band or whatever other clothing please. Purple, gold, white, MV.
4. **Demonstrate that Monta Vista values our community:** It does not take more than a moment to thank our timer, Hank Lawson, for helping us run our meet—and yet it means a lot. If you are running on the track, you should take a minute before or after your race to say 'thank you' to our starter, Donald Van Buren—the guy firing the gun. He truly cares about our runners so say something! If you are a field eventer, thank the person who is judging your event before and after you compete. We could not have a meet without volunteers, it's easy for you to say **"THANKS!"**

## 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 by 10—but there is probably no time for updating Facebook or running up your Fortnite PR! ☺
- 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. Maybe a big rice bowl with veggies and fish or chicken. A corn dog from the school cafeteria and Flaming Hot Cheetos is a horrible 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.
- 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.
- 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! 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! Order is VGirls-VBoys-JVGs-F-SBoys unless noted. Listen for announcements, ESPECIALLY FOR FIELD EVENTS, as timing may change (and we may go open-pit)! **Times: we will be on a rolling schedule** and we will move along as fast as we can! BE FLEXIBLE AND BE TOLERANT—and helpful!!!—with the volunteers running the meet!

Event	<u>Guess</u> at Time	Notes
400 Relay	4:00	Stay in lanes. All girls' teams then all boys' teams.
1600 (Mile)	4:10	May combine all girls into one heat, then all boys. When we call your gender come to the start. Curve line. VG - VB – JVG - F/S
110/65/100 Hurdles	4:30	VG-JVG-VB-FSB if needed (New order this year)
400	4:50	2-turn stagger—stay in your lane! VG - VB – JVG - F/S
100	5:00	VG – VB – JVG – F/S
800	5:25	May combine heats (see 1600). Curve line. VG - VB – JVG - F/S
300 Hurdles	5:40	VG - JVG - VB - F/S
200	6:00	VG – VB – JVG – F/S
3200	6:15	All genders and divisions run together. <b>FINISH IN LANE 4!!!</b>
1600 Relay	6:35	All girls' teams, then all boys' teams.
High Jump	4:00	All high jumpers report at start to hear what the schedule will be. The plan is to go all girls (V and JV) jump first, then all boys (V and FS).
Shot (boys, then girls)	4:00	All boys report to shot at 4:00, will decide if have 1 or 2 flights.
Discus (girls, then boys)	4:00	All girls report to discus at 4:00, will decide if have 1 or 2 flights.
Long Jump	4:00	Open pit from 4:00-5:00. (will extend if jumpers are in line waiting).
Triple Jump	~5:00	Open pit from ~5:00-6:00. (will extend if jumpers are in line waiting).

“At various points, in big ways and small, we get knocked down. If we stay down, grit loses. If we get up, grit prevails.” —*Angela Duckworth*