

**Monta Vista Track Team 2021**  
**Monta Vista League Home Meet Vs. Fremont and Santa Clara**  
**Friday, May 14, 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**

After two dual meets, we are hosting a tri-meet. There is something about seeing three uniforms on the track that makes a meet feel more festive and competitive. These teams are generally smaller than ours and if we do what we have been doing, we should be able to record some team wins.

**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. **Keep Improving:** You have now taken part in two track meets this season. Think about what you have learned and how you can improve from the first couple of meets. Can you continue to refine your preparation and warm up? Do you want to tweak your race strategy or approach or your focus while you are waiting for your next throw or jump? What can you try that will make you a better athlete—or could be an experiment that might fail but might also help you grow in the long-term?
2. **Be a team:** 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. Cheer and support your teammates—maybe during your time between events you can go cheer the throwers or jumpers this week (now that we had a presentation on how to cheer for throwers!). Don't just hang out—if you are not busy competing or preparing to compete, participate in our event.
3. **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. 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! Thank the volunteers and judges that make our meet work. And also our competitors—say good luck before you compete and say well done afterwards. These are easy and nice things to do for our community.

## 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 ( <b>switched</b> )	~4:45	Open pit from ~4:45-6:00. (will extend if jumpers are in line waiting).
Triple Jump ( <b>switched</b> )	4:00	Open pit from 4:00-~4:45 or 5. (will extend if jumpers are in line waiting).

“When people tell me I can't do something, I have a visceral reflex to say, 'Yes, I can.' ” —*Angela Duckworth*