

Monta Vista Track Team 2021
League Meet At Wilcox
Thursday, May 6, 2021

Transportation

All athletes are responsible for their own transportation to Wilcox High School
3250 Monroe St
Santa Clara, CA 95051

Start

Scheduled meet start is 3:30pm. All team members have been scheduled for early release at 1:30pm to give you time to be at Wilcox by 2:30 to get settled and prepared for competition.

Meet Overview

We now have one meet complete so we can settle down and focus. Wilcox has a smaller team than us so there will be some opportunities to pick up random point if you are willing to jump in and...well, jump! Maybe Thursday is the time to try a new event.

All field event athletes should go to all of your events and sign in before 3:30pm

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

3 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. Not every school has the same organization so...pay attention and know if the meet is running quickly or slowly. 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.
2. **Support your teammates:** Cheer for your teammates, stay until the end, don't stop supporting your friends! There are always ways that you can help out. Rep your squad! 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. You guys looked so much better than the other team last week...look like a team!
3. **Improve:** What can you do better than our first meet? Can you warm up better, push a little harder in the third lap, focus a little differently in your approach? If we keep trying to improve every week...that is a win!

“The greatest pleasure in life,
is doing the things people say we cannot do.”

~ Walter Bagehot

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-JVGirls-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 Other schools are not always on schedule so please pay attention!
400 Relay	3:30	VG-VB-JVG-FSB
1600 (Mile)	3:45	May combine all girls into one heat, then all boys. Curve line. VG - VB – JVG - F/S
110/65/100 Hurdles	4:05	VG-JVG-VB-FSB if needed (New order this year)
400	4:25	2-turn stagger—stay in your lane! VG - VB – JVG - F/S
100	4:35	VG – VB – JVG – F/S
800	5:00	May combine heats (see 1600). VG - VB – JVG - F/S
300 Hurdles	5:15	VG - JVG - VB - F/S
200	5:35	VG – VB – JVG – F/S
3200	5:50	All genders and divisions run together. FINISH IN LANE 4!!!
1600 Relay	6:15	JVG-FSB-VG-VB
High Jump	3:30	All high jumpers report at start to hear what the schedule will be.
Shot	3:30	Report by 3:15 and find out whether they are running divisions or open.
Discus	3:30	Report by 3:15 and find out whether they are running divisions or open.
Long Jump	3:30	Open pit from 3:30pm. ALL JUMPERS SHOULD SIGN IN EARLY!
Triple Jump	3:30	Open pit from 3:30pm. ALL JUMPERS SHOULD SIGN IN EARLY!