

Monta Vista Track Team 2023
Monta Vista League Home Meet Vs. Mt. View
Wednesday, March 1, 2023

Transportation

All you have to do is walk out to the track! We open our season with a home meet.

Location & Start

Our track! 4:00pm—scheduled meet start. Because school ends at 3:05pm, you should not miss any school...if you need early release to get ready for an early event or to help set up for the meet, please contact Coach Curtis and he can set you up for early release.

Meet Overview

This is our first home meet of the year so let's focus and be on point! Across all four divisions, Mt. View had a strong group last year—yet the Monta Vista field event girls helped pull out a key win on the way to our 6-0 league record. Mt. View is going to be an interesting first meet matchup and will help us learn a lot about where we are!

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. Live results will be available on-line. (Please go say thank you to our timer, Hank Lawson. Mr. Lawson is the best timer around, and is a huge supporter of MV track and field. Let him know he is appreciated.) Stay out of the finish area unless you are in a race, you can trigger the camera!

3 Things Your Coach Would Like You to Focus on at During this Meet

1. **Competition Brings Out Our Best:** Competitors are a gift to help us see what we have inside ourselves. Good competitors challenge us to dig deep and make the effort to push and find out how good we can be. Wish everyone on the starting line or in your event flight good luck. Afterwards, be gracious in victory (“I would not have run that hard if you were not right there!”) and appreciate if you are just behind (“you ran so well...you really pulled me along...good luck this season I’m going to work to be up a little further by leagues!”). Without competitors we would only be running solo time trials. That does not sound like fun, and does not bring out our best (and...yikes...reminds me of the pandemic lock down!).
2. **Positive Mental Attitude:** Remember that “*This is a GREAT day to race!*” Say this out loud when you are heading to the starting line (or the jump pit!). Get your head into a space where you are ready to compete your best. Don’t let weather or anything get in the way of competing at your best.
3. **Spirit:** Thank the meet officials and volunteers, cheer on your teammates, congratulate (or console!) your competitors. Show that we value the track and field community, and our own teachers and parents and Octagon kids that volunteer to make these track meets work so well. Give a sincere thank you to at least one person! You will feel good about your gesture. Gratitude rewards us all.

“Gritty people train at the edge of their comfort zone. They zero in on one narrow aspect of their performance and set a stretch goal to improve it.” —*Angela Duckworth*

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—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	Guess at Time	Notes
400 Relay	4:00	Stay in lanes. VG - VB – JVG - F/S
1600	4:10	May combine heats. Waterfall/curve line. VG - VB – JVG - F/S
110/65/100 Hurdles	4:30	VG-JVG-VB-FSB
400	4:50	VG - VB – JVG - F/S
100	5:00	VG - VB – JVG - F/S
800	5:25	May combine heats. Waterfall/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	6:20	All divisions run together. FINISH IN LANE 4!!!
1600 Relay	6:40	JVG-FSB-VG-VB May combine heats.
High Jump	4:00	All high jumpers report at start to hear what the schedule will be. Standard order is JVG then VG-FS-VB, but we may combine divisions.
Shot	4:00	All boys report to shot at 3:45, will decide if we combine. Or VB-FSB-VG-JVG
Discus	4:00	All girls report to discus at 3:45, will decide if we combine. Or VG-JVG-VB-FSB
Triple Jump	4:00	4:00 to ~5:00. (extend if jumpers in line) Boys in one pit, girls in other
Long Jump	~5:00	~5:00 to 6:15. (extend if jumpers in line) Boys in one pit, girls in other

“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*