

Monta Vista Track Team 2023
Monta Vista League Home Meet Vs. Santa Clara
Wednesday, March 23, 2023

Transportation

All you have to do is walk out to the track! It is another home meet for MVTF.

Location & Start

Our track! 4:00pm—scheduled meet start. We are planning a brief senior ceremony before the meet start. You are set up for early release at 2:20 if you need this to get ready for the senior recognition ceremony and also be ready to race at 4:00. But you don't have to leave class at 2:20—stay in class as long as you can and still allow yourself time to be there for the seniors and be ready to compete.

Meet Overview

This is our second and final home meet of the year so let's make this a good one! We match up well with Santa Clara, they have strong points and so does MV, so with a little focus we can show a nice jump in our second meet of the year. Let's show what two weeks of practice can do!

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. Tell him thanks, let him know he is appreciated.) Stay out of the finish area unless you are in a race, don't trigger the camera!

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

1. **You are getting fit:** We half way into the season now. You are getting fit. You are starting to realize how well you can race. Let's use that experience and take your best shot at the race. It's time to lay everything out on the track, one more time! Every point counts, and you are racing against two other schools, so even a 6th place finish might be worth a point!
2. **Find something to focus on:** Think of something to focus on that your coach taught you, or emphasized this season. This focus item could be anything: A warm up drill; a mental exercise; a detail of form or technique; a race tactic or strategy, anything! Decide that you are going to do that one thing perfectly as part of your day of competition, and do it!
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. Express gratitude!

“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*

- 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*