

Monta Vista Track Team 2023
St. Francis Track and Field Invitational
Saturday, March 18, 2023

Location

St. Francis High School

1885 Miramonte Ave, Mountain View, CA

PLAN TO ARRIVE AT LEAST ONE AND A HALF HOURS BEFORE YOUR RACE TIME!!! St. Francis has said they have run as much as 30 minutes ahead of schedule in the past so don't be late, you have been warned! As soon as you arrive, go check in for your race. The Clerk of the Course is located near the finish line; you enter through the warm up field, the outfield in the baseball stadium. You must check in 30 minutes or more before your race. THERE ARE ALTERNATES WAITING FOR MANY RACES AND YOU CAN BE SCRATCHED!

Meet Overview

There are more than 2,000 athletes will be at St Francis; this is a very high level invitational. St. Francis has one of the most unique track facilities anywhere; it is always memorable to be able to compete here. Plus they have a BBQ. What could be better? This is a great meet to encourage your parents to attend. It should be decent weather, lots of good competition, a well-run meet, and it is close to home.

3 Things Your Coach Would Like You to Focus on at St. Francis

1. **Focus:** In a big meet it is easy to get amped up, and lose focus on what will make you successful. Think about some of the key things you want to do properly... Start warming up about 45 minutes before your race, or whenever you usually do; do all your drills and dynamic stretches and FOCUS on doing the drills correctly; review the correct baton pass procedures that we practiced; think about the important technique drills your coach taught you; review your race plan. There is a nice warm up area, which is near the entrance to check in and enter the track. Remember, ***'This is a REALLY GREAT day to race!'*** Say that out loud!
2. **Represent your school, your team, and yourself:** The way you compete—your bravery, your integrity, the way you respond when you reach what you think your limits are, the way you react to victory or defeat, to success or disappointment, says a lot about you and every family or group you are a part of. Compete to the best of your ability and with the best sportsmanship that you can and you can be proud and we will be proud of you, no matter where you finish. Wear your Monta Vista gear and Monta Vista pride all day long!
3. **Set a high bar for sportsmanship:** Say thanks for being there to a volunteer or two on the way into the stadium, as you get ready and when you finish. Say good luck to your competitors and congratulations afterwards. Don't forget to remind your teammates that 'It's a great day to race.'

“Nothing in the world is worth having or worth doing unless it means effort, pain, difficulty...

I have never in my life envied a human being who led an easy life.

I have envied a great many people who led difficult lives and led them well.”

-Theodore Roosevelt

Notes

- Only be on the infield when you are preparing to compete. Most of the time you need to be outside the oval (warming up, cheering).
- NO ELECTRONICS OF ANY TYPE ON THE FIELD! Leave it with me. Expect them to be sticklers.
- Relay teams: All uniforms must match; expect uniform rules to be enforced.
- Get to bed early no matter what time your race is! Let's say, be in bed at 10pm.
- Get out of bed at least 3 hours before your race start.
- Eat a good or light 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. If you are not racing until the afternoon, a slightly bigger breakfast and a snack about 3 hours before your race is a good 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. Don't eat junk or sports beans or something like that; eat good food. Continue to develop and perfect your pre-race habits.
- Bring a snack/lunch for after your race. A mix of protein and carbs are good, such as a peanut butter and jam sandwich, or a turkey sandwich, and a piece of fruit.
- Check the weather report to figure out what clothes to bring! 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!** At a big meet it can be nerve-wracking to mess with spikes at the last minute. (One of Julia Chang's pre-race rituals was to take all her spikes out, scramble them up, and put them back in her shoes.)
- Warm up shoes and socks.
- Extra clothing—sweats, dry clothes, even underwear and socks for cold, rainy, or hot weather.
- **Water** and water bottle!!! And food.
- Sunscreen, hat, sunglasses.
- Garbage bags are good to keep your gear dry or can be emergency rain gear.
- Toilet paper (invitational meets always run out).
- Any medications you need.
- Homework for any downtime.
- \$\$\$\$ There are cool t-shirts! (emergencies, food, t-shirt...)

St. Francis Invitational Entries and Schedule (these are only ESTIMATED times!!!)

Print out the schedule and bring it with you to know when you compete. Plan to be there at least ONE AND A HALF HOURS before your competition. The meet will run events EARLY if they get ahead of schedule and they WILL scratch you for an alternate! Meet information and schedule--
<https://www.athletic.net/TrackAndField/meet/484030/info>

Scheduled Time	Event	Athletes
8:00am	VG 3000m	Nerea
8:00am	FSG Discus	Fiona, Alex
8:00am	VG Triple	Joey
8:30am	FSG100mH	Raje
8:55am	VB100mH	Ethan
9:00am	FSB High Jump	Ryan
9:40am	VG800m	Valerie
9:50am	VB800m	Denny
10:15am	VB400m	Denny
10:30am	FSG Mile	Anika
10:40am	FSB Mile	Ruhaan
10:50am	VG Mile	Margaux, Ridhima, Megan, Madi, Nikhita, Sydney
11:00am	FSG Shot	Alex
11:10am	FSG100m	Katie
11:30am	FSB Triple	Agasthya
11:30am	FSG High Jump	Clara, Lelani
11:50aam	FSG300mH	Raje
12:20pm	VB300mH	Ethan
12:30pm	FSG Long	Clara, Lelani
1:00pm	VG Triple	Joey
1:00pm	VG Discus	Lavinia
3:00pm	FSG Triple	Clara, Lelani
3:00pm	VG Shot	Lavinia
3:30pm	VB SMR	Sean, Ethan, Denny, Hayden
4:55pm	VB 4x400mR	Sean, Ethan, Denny, Hayden