

Monta Vista Track Team 2023
Monta Vista League Tri Dual Vs. Fremont and Cupertino
Tuesday, April 11, 2023

Transportation

YOU are responsible for arranging your transportation to Fremont High School, on time! If you are driving, don't leave with an empty seat in your car (especially invite Freshmen and Sophomores who can't drive themselves and don't have any options). You are all smart—I know you can figure this out—you always do!

Location & Start

Fremont High School 1279 Saratoga-Sunnyvale Road, Sunnyvale
4:00pm—scheduled meet start. Plan to arrive by 3:00 to get settled. Group warm-ups will be at 3:15ish (jog + drills). Warm up with your event group. All triple and long jumpers **must** check in and complete all run throughs by 3:30. All team members have been scheduled for early release at 2:00pm (but you don't have to leave then if your event is not at the start, just as long as everyone arrives at Fremont by 4pm and is ready to race when your race starts).

Meet Overview

This meet is a tri so we are scoring against both Fremont and Cupertino. We all need to compete for every spot, every point could count! Weather forecasts actually look good, but bring layers, dry clothes, and three trash bags to keep your bags and gear dry.

3 Things Your Coach Would Like You to Focus on at Fremont

1. **Effort Counts Twice:** Too often, we don't give effort enough credit. You have a certain amount of innate genetic talent you are born with, which is overrated. Effort applied to your talent—the effort you have made at practice for the last two months—gives you skill. You are bringing that skill to Fremont to compete. Apply all your effort and focus to your race, and you are applying your hard-earned skill to get results and achievement. Let's give our best effort!
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. **Demonstrate that Monta Vista values the track community:** We will have many people volunteering at our meet, and we can't do this without them. Please thank at least one of the coaches, teachers or parents for volunteering. It's good for your karma, and a nice thing to do! **Mr. Lawson is timing our meet, please go and say thank you for all he did this year.** Also, grab a hurdle and move it. Every little bit helps. If everyone moved one hurdle at each track meet, or picked up one more piece of trash each day, or volunteered one day a year to a good cause (or one year to Peace Corps or Save the Children or...) the world would be a better place!

Notes

- You **MUST** be **marked with your ID number** before the start of the meet! **Know your ID number!**
- 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! ☺ And get BeReal done early.
- 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. A snack at brunch is smart. 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. 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.
- 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!
- 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

Field Event Athletes: Check in as soon as you can.

TIMES ARE ONLY AN ESTIMATE they will move along as fast as we can! **BE FLEXIBLE AND BE TOLERANT!**

Event	Guess at Time	Notes
400 Relay	4:00	2 turn stagger/stay in lanes the whole way. VG - VB – JVG - F/S
1600 (Mile)	4:10	They may combine VB and FSB in one heat, VG and JVG in one heat. Pay attention to announcements. Curve line start. VG - VB – JVG - F/S
110/65/100 Hurdles	4:30	VB-FSB-VG-JVG
400	5:00	2-turn stagger. VG - VB – JVG - F/S
100	5:10	VG - VB – JVG - F/S
800	5:35	May combine VB and FSB in one heat, VG and JVG in one heat; we will get all on the track and count so be ready. Curve line start. VG - VB – JVG - F/S
300 Hurdles	5:55	VG - JVG - VB - F/S
200	6:15	VG - VB – JVG - F/S
3200	6:30	All divisions run together. FINISH IN LANE 4!!!
1600 Relay	6:45	JVG-FSB-VG-VB. The Fremont coach will tell us stagger or lanes.
High Jump	4:00	Standard order is JVG then VG-FSB-VB, but they may combine divisions.
Shot	4:00	VB-JVG-VG-FSB
Discus	4:00	VG-FSB-VB-JVG
Long Jump	4:00	Open Pit. Make sure you sign in as soon as you arrive
Triple Jump	4:00	Open Pit. Make sure you sign in as soon as you arrive