

Meet Sheet: Clovis 2023

Monta Vista Race Assignments

I had to make these entries weeks ago. I made my best guesses based on where we were at the time, and my understanding of who wanted to go and who did not want to go to Clovis. Please see me about changes, we can make day-of-race changes. If your name is not on the list below and you wanted to race, or you are not planning to race, see Coach Flatow as soon as possible.

Race	Time	Athletes
Varsity Girls	10:15	Valerie, Anika, Margaux, Miranda, Katie Lee, Megan, Madi
Varsity Boys	11:00	Bradley, Darren, Ryan, Tanay, Ruhaan, Soham, Rishi
JV Boys	11:40	All other boys running at Clovis
Frosh-Soph Girls		
JV Girls	12:25	All other girls running at Clovis
FS Boys		

Saturday Schedule

5:45am Be at Monta Vista bus circle for departure
6:00am Depart Monta Vista
9:00am Arrive at Woodward Park
Coach Curtis gets race packets while team sets up camp
If we are delayed, Varsity Girls start warm up while rest of team takes care of camp
10:15am MV FIRST RACE! And we race all day. You may want money for t-shirt, snacks, etc. **Bring your Monta Vista gear to wear! All purple all day long.**
1:30pm Pack up and head home.
5:00pm
~6:00pm Arrive back at Monta Vista

Notes

- Have a healthy dinner, and get to bed early, on Friday night.
- Set a loud alarm that is far enough from your bed that you are forced to get up in order to turn it off—don't risk rolling over and going back to sleep!
- Go to the restroom before you get on the bus!
- Pack at least one bottle of water for hydration. Two is better.
- Pack a healthy breakfast you can eat on the bus – fruit (bananas!), breads/bagels with nut butter and honey, some protein, etc...you do not have to eat breakfast at home. You have plenty of time on the bus to eat and also nap.
- Bring a snack for after your race. We will have lunch together later but you want to refuel a bit as soon as your race is complete. My favorite is almond butter and honey sandwich (or jelly)—there is some protein, some carbs, it packs well and tastes good.
- Don't just hang around the camp after your race; warm down and **cheer on your teammates** in their races. It is great to see MV athletes cheering all over the course!
- You can bring some homework for the bus ride.
- Check the weather and dress appropriately. You want dry clothes for your return. In addition to your full uniform, a sweatshirt and long sleeves can layer if it is chilly (better to have it and not need it, than need it and not have it).
- If you want to buy snacks or a meet T-shirt, bring some \$\$\$.