

Monta Vista Track Team 2024
Monta Vista League Dual @ Milpitas
Wednesday, March 6th, 2024

Transportation

YOU are responsible for arranging your transportation to Milpitas 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

Milpitas High School, 1285 Escuela Pkwy, Milpitas, CA 95035

3:30pm—scheduled meet start. **You are responsible for getting yourself to and from the meet!** If you are in an earlier event, you will have to hustle to the meet and warm up right away! Team warm-up lap will be at 2:45ish (jog + cheer). After that, 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 1:45pm. If you don't leave exactly then, please make sure you arrive by 2:45pm.

Meet Overview

We all need to compete for every spot, every point will 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 Coaches Would Like You to Focus on at Milpitas

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 month—gives you skill. Apply all your effort and focus to your events, and you are applying your hard-earned skill to get results and achievement.
2. **Positive Mental Attitude:** Remember that ***"This is a GREAT day to compete!"*** Say this out loud when you are heading to your event. Get your head into a space where you are ready to compete your best.
3. **Demonstrate that Monta Vista values the track community:** We will have many people volunteering at the 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! Also, grab a hurdle and move it. Every little bit helps.

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.
- Eat well! Have a good breakfast and healthy but not too heavy lunch. Whatever you eat, it's a good idea to write your menu down; afterwards, if you have a good race, you might want to repeat this routine.
- 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!**

Packing List (Don't forget!):

Your school issued uniform	Running shoes and spikes, or throwing shoes	Extra clothing as needed
Water bottle and snack(s)!!!	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	<u>Time Guess</u>	Notes
4x100 Relay	3:30	2 turn stagger/stay in lanes the whole way. VG - VB – JVG - F/S
1600	3:40	They may combine VB and JVB in one heat, VG and JVG in one heat. Pay attention to announcements. Curve line/waterfall start.
110/65/100 Hurdles	4:00	
400	4:30	2-turn stagger
100	4:50	Stay loose as they are working through the heats - don't stand around!
800	5:05	May combine VB and JVB in one heat, VG and JVG in one heat; we will get all on the track and count so be ready. Curve line/waterfall start.
300 Hurdles	5:25	
200	5:45	Stay loose as they are working through the heats - don't stand around!
3200	6:00	All divisions run together. FINISH IN LANE 4!!!
4x400 Relay	6:15	
High Jump	3:30	Standard order is JVG then VG-JVB-VB, but they may combine divisions.
Shot	3:30	
Discus	3:30	
Long Jump	3:30	Might be open pit. Make sure you sign in as soon as you arrive
Triple Jump	3:30	Might be open pit. Make sure you sign in as soon as you arrive