

Monta Vista Track Team 2024
Monta Vista League Dual @ Santa Clara
Wednesday, March 27th, 2024

Transportation

YOU are responsible for arranging your transportation to Santa Clara 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

Santa Clara High School, 3000 Benton St, Santa Clara, CA 95051

3:30pm—scheduled meet start. All team members have been scheduled for early release at 1:45pm.

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! Everyone should be there for the team warm-up lap at 2:30pm (jog + cheer). After that, warm up with your event group at the proper time.

All triple and long jumpers **must** check in and complete all run throughs by 3:30pm.

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.

Bring the H.E.A.T!

Be **H**elpful with the meet and put yourself to work on hurdles/block crew, jump pit raking, etc. when you're not competing

Be **E**arly to your event, which means get your warm up started with plenty of time!

Be **A**ware of what's going on - know what events are happening and which ones are coming next. Do not walk on the track if it's unsafe to do so. **KEEP TRACK OF YOUR BELONGINGS!**

Be **T**eam-oriented! Cheer your teammates on as they compete on the track *and* in the field! High-five after a good race/attempt; provide support and encouragement after a bad race/attempt. Be there for each other and win together!

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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

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Approximate 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	VG-JVG-VB-JVB
400	4:30	2-turn stagger. VG - VB – JVG - F/S
100	4:50	Stay loose as they are working through the heats - don't stand around! VG - VB – JVG - F/S
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	VG-JVG-VB-JVB
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	3 turn stagger/1st legs stay in lanes the whole way, 2nd leg breaks after 1 turn. Might combine, otherwise VG - VB – JVG - F/S
High Jump	3:30	Standard order is JVG then VG-JVB-VB, but they may combine divisions.
Shot	3:30	VB - JVG - VG - JVB
Discus	3:30	VG - JVB - VB - JVG
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