

**Monta Vista Track & Field Team 2024**  
**League Dual vs Saratoga**  
**Thursday, March 14th, 2024**

**Transportation**

This is a home meet, so no transportation needs! Get out to the track in your uniform ready to go right after you get out of class - don't waste time!

**Location & Start**

Monta Vista High School, 21840 McClellan Rd, Cupertino, CA 95014  
4pm—scheduled meet start.

All team members have been scheduled for early release at 2:45pm - **please get to the bleacher in your full uniform (jacket, singlet, pants, shorts underneath) immediately for pictures!**

**TEAM PICTURE @ 2:55PM - Be wearing your uniform and don't be late; we don't have time to wait on people!**

**Team warm-up lap** will immediately follow the team pictures @ 3:30ish (jog + cheer). After that, warm up with your event group. All triple and long jumpers **must** check in and complete all run throughs by 4pm.

**Meet Overview**

We all need to compete for every spot, every point will count! Weather forecasts actually look great, but bring layers, dry clothes, and three trash bags to keep your bags and gear dry just in case.

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**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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Next page →

## 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.

### 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	4:00	2 turn stagger/stay in lanes the whole way. VG + JVG, VB + JVB
1600	4:10	They may combine VB and JVB in one heat, VG and JVG in one heat. Curve line/waterfall start.
110/65/100 H	4:30	VG - JVG - VB - JVB
400	5:00	2-turn stagger. VG - VB - JVG - JVB
100	5:20	Stay loose as they are working through the heats - don't stand around! VG - VB - JVG - JVB
800	5:35	May combine VB and JVB in one heat, VG and JVG in one heat; Curve line/waterfall start.
300 H	5:55	VG - JVG - VB - JVB
200	6:15	Stay loose as we work through the heats - don't stand around! VG - VB - JVG - JVB
3200	6:30	All divisions run together. <b>FINISH IN LANE 4!!!</b>
4x400 Relay	6:45	VG + JVG, VB + JVB

<b>Event</b>	<b><u>Time Guess</u></b>	<b>Notes</b>
High Jump	4:00	JVG - VG - JVB - VB
Shot	4:00	VB - JVG - VG - JVB
Discus	4:00	VG - JVB - VB - JVG
Long Jump	4:00	VB - JVG - VG - JVB
Triple Jump	4:00	VG - JVB - VB - JVG