

Monta Vista Track & Field Team 2024
League Dual vs Wilcox
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 track ASAP!**

Team warm-up lap will happen @ 3:15ish (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. High jump will start at 4:15 or 4:30, when Coach Richard arrives.

Meet Overview

We all need to compete for every spot, every point will count! If you know there's an empty spot that you can fill without going over 4 events, jump in!

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.
- **DON'T FORGET TEAM DINNER FOLLOWS THE MEET IN THE CAFETERIA/STUDENT UNION!!**

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
"Extra socks" - Dayo	"Toilet paper" - Manasi	"Grit!" - Coach Flatow

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Wilcox vs Monta Vista - Track & Field

Estimated 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!

Running 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 VG and JVG in one heat, VB and JVB 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 VG and JVG in one heat, VB and JVB 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. FINISH IN LANE 4!!!
4x400 Relay	6:45	VG + JVG, VB + JVB
Thrower + Distance 4x100 Relay		
Field Event	<u>Time Guess</u>	Notes
High Jump	~4:20	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

SCVAL Order of Track Events

Events can be merged based on number of participants

1. GV 400 M. Relay 2 Turn Stagger
2. BV 400 M. Relay 2 Turn Stagger
3. GJV 400 M. Relay 2 Turn Stagger
4. BJV 400 M. Relay 2 Turn Stagger

5. GV 1600 M Run Curve Line
6. BV 1600 M Run Curve Line
7. GJV 1600 M Run Curve Line
8. BJV 1600 M Run Curve Line

9. GV 100 M. LH *****
10. GJV 100 M. LH *****
11. BV 110 M. HH *****
12. BJV 65 M. HH *****

13. GV 400 M. Run 2 Turn Stagger
14. BV 400 M. Run 2 Turn Stagger
15. GJV 400 M. Run 2 Turn Stagger
16. BJV 400 M. Run 2 Turn Stagger

17. GV 100 M. Dash *****
18. BV 100 M. Dash *****
19. GJV 100 M. Dash *****
20. BJV 100 M. Dash *****

21. GV 800 M. run 1 Turn Stagger
22. BV 800 M. Run 1 Turn Stagger
23. GJV 800 M. run 1 Turn Stagger
24. BJV 800 M. Run 1 Turn Stagger

25. GV 300 M. LH 1 Turn Stagger
26. GJV 300 M. LH 1 Turn Stagger
27. BV 300 M. LH 1 Turn Stagger
28. BJV 300 M. LH 1 Turn Stagger

29. GV 200 M. Dash 1 Turn Stagger
30. BV 200 M. Dash 1 Turn Stagger
31. GJV 200 M. Dash 1 Turn Stagger
32. BJV 200 M. Dash 1 Turn Stagger

33. GV 800 M. Relay* TBD
34. BV 800 M. Relay* TBD

35. GV 3200 M Run Curve Line
36. BV 3200 M Run Curve Line
37. GJV 3200 M Run Curve Line
38. BJV 3200 M Run Curve Line

39. GJV 1600 M. Relay 2 Turn Stagger
40. BJV 1600 M. Relay 2 Turn Stagger
41. GV 1600 M. Relay 2 Turn Stagger
42. BV 1600 M. Relay 2 Turn Stagger

43. Thrower + Distance 4x100 M Relay
(not scored, no divisions)