

**Monta Vista Track Team 2019**  
**St. Francis Track and Field Invitational**  
**Saturday, March 16, 2019**

**Location**

**St. Francis High School**

1885 Miramonte Ave, Mountain View, CA

**PLAN TO ARRIVE AT LEAST ONE AND A HALF HOURS BEFORE YOUR RACE TIME!!!** St. Francis has said they have run as much as 30 minutes ahead of schedule in the past so don't be late, you have been warned! As soon as you arrive, go check in for your race. The Clerk of the Course is located near the finish line; you enter through the warm up field, the outfield in the baseball stadium. You must check in 30 minutes or more before your race. THERE ARE ALTERNATES WAITING FOR MANY RACES AND YOU CAN BE SCRATCHED!

**Meet Overview**

There are more than 2,000 athletes will be at St Francis; this is a very high level invitational. St. Francis has one of the most unique track facilities anywhere; it is always memorable to be able to compete here. Plus they have a BBQ. What could be better? This is a great meet to encourage your parents to attend. It should be decent weather, lots of good competition, a well-run meet, and it is close to home.

**3 Things Your Coach Would Like You to Focus on at St. Francis**

1. **Focus:** In a big meet it is easy to get amped up, and lose focus on what will make you successful. Think about some of the key things you want to do properly... Start warming up about 45 minutes before your race, or whenever you usually do; do all your drills and dynamic stretches and FOCUS on doing the drills correctly; review the correct baton pass procedures that we practiced; think about the important technique drills your coach taught you; review your race plan. There is a nice warm up area, which is near the entrance to check in and enter the track. Remember, ***'This is a REALLY GREAT day to race!'*** Say that out loud!
2. **Represent your school, your team, and yourself:** The way you compete—your bravery, your integrity, the way you respond when you reach what you think your limits are, the way you react to victory or defeat, to success or disappointment, says a lot about you and every family or group you are a part of. Compete to the best of your ability and with the best sportsmanship that you can and you can be proud and we will be proud of you, no matter where you finish.
3. **Set a high bar for sportsmanship:** *Say thanks for being there to a volunteer* or two on the way into the stadium, as you get ready and when you finish. Say good luck to your competitors and congratulations afterwards. Don't forget to remind your teammates that 'It's a great day to race.' And thank your parents for supporting you and thank whoever drives you to St. Francis.

“Nothing in the world is worth having or worth doing unless it means effort, pain, difficulty... I have never in my life envied a human being who led an easy life. I have envied a great many people who led difficult lives and led them well.”

*-Theodore Roosevelt*

## Notes

- Only be on the infield when you are preparing to compete. Most of the time you need to be outside the oval (warming up, cheering).
- NO ELECTRONICS OF ANY TYPE ON THE FIELD! Leave it with me. Expect them to be sticklers.
- Relay teams: All uniforms must match; expect uniform rules to be enforced.
- Get to bed early no matter what time your race is! Let's say, be in bed at 10pm.
- Get up at least 3 hours before your race start.
- Eat a good or light breakfast – I like a banana, toast, and some protein such as peanut or almond butter, orange juice. A lot of people like oatmeal with some raisins and nuts. If you are not racing until the afternoon, a slightly bigger breakfast and a snack about 3 hours before your race is a good idea. Whatever you eat, write your menu down; afterwards, if you have a good race, you might want to repeat this routine. If you don't run very well, maybe this menu is something to think about changing. Don't eat junk or sports beans or something like that; eat good food. Continue to develop and perfect your pre-race habits.
- Bring a snack/lunch for after your race. A mix of protein and carbs are good, such as a peanut butter and jam sandwich, or a turkey sandwich, and a piece of fruit.
- Check the weather report to figure out what clothes to bring! Dry clothes for after the race.
- You are responsible for arranging how to travel to and from the meet!

## Don't forget to pack

- Your school issued uniform.
- Running shoes, spikes, extra spikes, spike wrench or throwing shoes.
- **Check and change your spikes the night before!** At a big meet it can be nerve-wracking to mess with spikes at the last minute. (One of Julia Chang's pre-race rituals was to take all her spikes out, scramble them up, and put them back in her shoes.)
- Warm up shoes and socks.
- Vaseline to lubricate spikes before screwing them into shoes.
- Extra clothing as needed—sweats, dry clothes, even underwear and socks in case of cold, rainy, or hot weather.
- **Water** and water bottle!!! And food.
- Sunscreen, hat, sunglasses.
- Garbage bags are good to keep your gear dry or can be emergency rain gear.
- Toilet paper (invitational meets always run out).
- Any medications you need.
- Homework for any downtime.
- \$\$\$\$ There are cool t-shirts! (emergencies, food, t-shirt...)

## Entries and Schedule (these are only **ESTIMATED** times!!!)

Print out the schedule and bring it with you to know when you compete. Plan to be there at least ONE AND A HALF HOURS before your competition. They will run events EARLY if they get ahead of schedule and they WILL scratch you for an alternate!

Links to all St Francis Invitational documents are here:

Entries by school-- <http://www.sfhsinvitational.com/2019%20sf%20entries.pdf>

Entries by event-- <http://www.sfhsinvitational.com/2019%20sf%20performance%20list.pdf>

Schedule of events-- <http://www.sfhsinvitational.com/2019%20invite%20Schedule.pdf>

Meet information-- <http://www.sfhsinvitational.com/2019%20invite%20Info.pdf>

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