

Monta Vista Track Team 2021
The Meet Sheet! Monta Vista League Meet vs. Cupertino (and Saratoga)
Thursday May 27, 2021

*What you are is what you have been.
What you will be is what you do now.*
-Buddha

Transportation

YOU are responsible for arranging your transportation to Cupertino High School, and you are responsible to be there on time!

Location & Start

Cupertino High School, 10100 Finch Avenue, Cupertino, California 95014. The meet will start at 3:30pm. Plan to arrive by 2:30 to get settled. Warm up with your event group. All team members have been scheduled for early release at 1:30pm (but you don't have to leave right then).

3 Things Your Coach Would Like You to Focus on at Cupertino

1. **Go For It:** You should be in much better physical condition than when the season started! This is one of two dual meets left, and we have a break week coming up. We need every point, and this is a time for you to see what your training has accomplished! Test your limits and see how much you have improved!
2. **Positive Mental Attitude:** Remember that "***This is a GREAT day to race!***" Say this out loud when you are heading to the starting line (or the jump pit, or the throwing ring!). Get your head into a space where you are ready to compete your best.
3. **Thank the coaches and volunteers from Cupertino:** You know how much more enjoyable a well-run meet can be compared to a poorly run meet. If you feel like Cupertino is running a good meet, I urge you to seek out Coach Paul Armstrong and his daughter, assistant coach Shani Armstrong, and thank them. I've seen those two coaches out on the track two hours before you arrive, preparing for meets; their preparation and dedication is for you. So please tell them if you enjoy the meet!

“If you want to become the best runner you can be, start now.
Don't spend the rest of your life wondering if you can do it.”

Priscilla Welch

Notes

- You **MUST** be **marked with your ID number** before the start of the meet! There will be a clipboard in the stands with your number and a Sharpie.
- Get to bed early the night before! Let's say, be in bed at 10pm. You can still get your homework done—but there is probably no time for updating Facebook! ☺
- Eat well! Have a good 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. For lunch, something healthy and not too heavy; maybe a turkey sandwich on whole-wheat bread, peanut/almond butter and jam sandwich (it's not just for kids!), or a pasta salad, a carrot, and some fruit (a banana is good!) and an oatmeal cookie. You don't want to stuff yourself with an entire pizza but you definitely don't want to be hungry either, you need to be filled. 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. This is your first meet so you can learn from what you do, and get better.
- Bring a snack for after you are done competing. A mix of protein and carbs are good, such as a peanut butter and jam sandwich, or nuts and a piece of fruit.
- Check the weather report to figure out what clothes to bring! Have dry clothes for after the race. Pack a couple of trash bags to keep your gear dry!
- 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! Swapping out or tightening spikes takes longer than you think and is annoying on race day.
- Warm up shoes and socks.
- Vaseline to lubricate spikes before screwing them into shoes.
- Extra clothing as needed.
- **Water** and water bottle!!! And food.
- Any medications you need.
- Hair ties.

Schedule

Bring this with you so you know when you will be running—you should not need to ask your coach! Order is VBoys-VGirls-JVGirls-FSBoys unless noted. Listen for announcements! **TIMES ARE ONLY AN ESTIMATE** we will move along as fast as we can! **BE FLEXIBLE AND BE TOLERANT!**

Event	Guess at Time	Notes
400 Relay	3:30	2 turn stagger/stay in lanes the whole way. VG - VB – JVG - F/S
1600 (Mile)	3:40	We may combine VB and FSB in one heat, VG and JVG in one heat. Pay attention to announcements. Curve line start. VG - VB – JVG - F/S
110/65/100 Hurdles	4:00	VB-FSB-VG-JVG
400	4:30	2-turn stagger. VG - VB – JVG - F/S
100	4:40	VG - VB – JVG - F/S
800	5:05	May combine VB and FSB in one heat, VG and JVG in one heat; we will get all on the track and count so be ready. Curve line start. VG - VB – JVG - F/S
300 Hurdles	5:25	VG - JVG - VB - F/S
200	5:45	VG - VB – JVG - F/S
3200	6:00	All divisions run together. FINISH IN LANE 4!!!
1600 Relay	6:15	JVG-FSB-VG-VB. Cupertino coach will tell us stagger or lanes.
High Jump	3:30	All high jumpers report at start to hear what the schedule will be. Standard order is JVG then VG-FS-VB, but we may combine divisions.
Shot	3:30	VB then JVG-VG-FS (check in early with judge to verify schedule; will be rolling schedule)
Discus	3:30	VG then FS-VB-JVG (check in early with judge to verify schedule; will be rolling schedule)
Long Jump and Triple Jump	3:30	Open pit from 3:30 until the jumpers are done. There will be one pit for long and one for triple. Make sure you are signed up at the beginning of the meet, no late sign ups after competition starts!!! Try to get your jumps done efficiently.

