Monta Vista Track Team 2021
The Meet Sheet! Monta Vista League Meet vs. Saratoga
Thursday May 20, 2021

Transportation

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

Location & Start

Saratoga High School
20300 Herrimen Ave, Saratoga

3:30pm—scheduled meet start. 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).   If you are in the 4x100 or 1600m make sure that are head straight to Saratoga and get going with your warm up in time to race at 3:30!

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

1. **Positive Mental Attitude:** "***This is a GREAT day to race!'*** Say this out loud when you are heading to the starting line (or the jump pit!).   Having a positive attitude will really help! Say good luck to your competition, too. During the race, focus on competing and doing our best. We are so lucky to be able to go out and run/throw/jump! If you had a good day at school, be happy about your day and roll into the track meet with a smile on your face; if you had a bad day, be happy that you can change your day and end by competing in a track meet! **You always compete better with a song in your heart and a smile on your face.** You can *choose* to be positive.
2. **Demonstrate that Monta Vista values the volunteers who make the meet possible:** Thank at least one of the officials or volunteers for being out there.   Thank the Saratoga teachers and parents who have volunteered to come out and help your event. We would not have these races without them. Help move a few of the hurdles if you are just hanging out. Volunteers should WANT to come to help make Monta Vista track meets great! Thank the Saratoga coaches, too.
3. **This is not your first competition anymore!** Even if you are a frosh, you ran your first race last week—so you are now a veteran! Go up to the start and be confident. Be a little more bold as you compete—don't be afraid to go for a little extra. Push your envelope. Think more about strategy and success.   You can do this!

"The human spirit is indomitable. No one can ever say you must not run faster than this or jump higher than that. There will never be a time when the human spirit will not be able to better existing records." (or better **your** personal records–*k.f.*)
– *Sir Roger Bannister*

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. Saratoga 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	Saratoga has a small number of throwers and only one judge. They may organize so boys and girls do all of one throw together, then the other. Throwing is on the upper field. Check in early and find out what is up…
Discus	3:30	See shot. PAY ATTENTION, DON'T MISS YOUR EVENT!
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.