

**Monta Vista Track Team 2025**  
**Monta Vista League Dual vs Fremont High School**  
**HOME MEET**  
**Wednesday, April 9th, 2025**

**Transportation**

Use your feet to take you from class to the track! Get out of class, in your uniform, and at the track to warm up and help set up ASAP - don't waste time!

**Location & Start**

Monta Vista High School, 21840 McClellan Rd, Cupertino, CA 95014

4:00pm—scheduled meet start. **Team dinner** to follow the meet, in the student union!

If you are in an earlier event, you will have to hustle to the meet and warm up right away! Everyone should be there for the team warm-up lap 45 minutes before the start of the meet (jog + team cheer). After that, warm up with your event group as per your own event schedule.

All triple and long jumpers **must** check in and complete all run throughs by 4:00pm.

**Meet Overview**

We all need to compete for every spot, every point will count! Talk to your teammates to make sure every event is covered. Make sure you are helping with hurdle crew. Stick around for team dinner!

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

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### Approximate 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!**

| <b>Running Event</b>                 | <b><u>Time Guess</u></b>        | <b>Notes</b>   |
|--------------------------------------|---------------------------------|--|
| 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. <b>FINISH IN LANE 4!!!</b>                                       |
| 4x400 Relay                          | 6:45                            | VG + JVG, VB + JVB   |
| Thrower +<br>Distance 4x100<br>Relay | Optional - depends on the hosts |  |
| <b>Field 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  |

# 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)