

Order of Events (as of February 20, 2017)

High Hurdles: VG 100m, FSG 100m, VB 110m, FSB 65m

3200m: FSG

4x100m relay: VG, VB, FSG, FSB

1600m: VG, VB, FSG, FSB

100m: VG, VB, FSG, FSB

3200m: FSB

400m: VG, VB, FSG, FSB

800m: VG, VB, FSG, FSB

300m Hurdles: **VB, FSB, VG, FSG**

Sprint medley relay (100-100-200-400): VG, VB, FSG, FSB

3200m: VG, VB

4x400m relay: **FSG, FSB, VG, VB**

Order of Events: Field

	8:30 am	10:00am	11:30am	1:00pm
Shot	VB	FSB	VG	FSG
Discus	VG	FSG	VB	FSB
Long Jump	VG	FSG	VB	FSB
Triple Jump	VB	FSB	VG	FSG
High Jump	FSB	VG	FSG	VB

RustBuster Invitational

📅 Saturday, March 4, 2017 ⌚ Field Events: **8:30 AM** ⌚ Track Events: **9:00 AM**

📍 Monta Vista HS, Cupertino

Meet Info

REGISTRATION AND MEET INFORMATION ▾

The First RustBuster Invitational

Saturday, March 4, 2017

REGISTRATION AND MEET INFORMATION

On behalf of Monta Vista High School, we look forward to your participation in the first annual RustBuster Invitational Track and Field Meet. We are proud to start a new tradition and hope you, your team and your parents have an enjoyable and successful start to the 2017 track and field season at the **RustBuster!**

There will be a **coach's meeting at 8:15am** at the starting area. Since this is the first RustBuster, the meeting will probably be useful if you have questions about any of the ground rules.

Meet Administration: Each team will be helping run the RustBuster, including field events and exchange judging. There will be a separate email to the coaches regarding assignments.

Entries: You may enter up to **five** athletes in each running event per division, **three** entries per field event per division, and **one** relay team per event per division. Each athlete may compete in a maximum of four events including relays. All entries must be made online at athletic.net. The **close of entries will be Thursday, March 2nd at noon** to allow you as much time as possible to evaluate your squad and assign them to events.

Bibs and Bib Numbers: All athletes will be issued a RustBuster bib. The bib number is going to be how we track and score athletes; please make sure that all athletes have and wear their bibs! (Also they will be nice souvenirs; how many high school track meets have bibs?)

Tents: Please set up your canopies/tents in the big stands on the back stretch, or around the perimeter on the first turn, or in the lower (baseball) fields. Stand space on the home stretch is limited.

Warm Up: Please ask your athletes to warm up in the lower (baseball and soccer) fields. We will have practice hurdles available there. The discus is thrown in the center of our track oval, so space within the oval is limited and should be limited to final strides and warm up. We will ask kids that are just hanging out

to cheer to leave for the stands, or get to work moving hurdles!

And speaking of hurdles...please remind your athletes that if they do take a hurdle staged for a race, to please return that hurdle when they are done!

Timer: *Please*, all coaches and athletes, stay away from the timing area! We will post your results shortly after your event is completed. Athlete's marks will not change during those few minutes—please trust us, we will get the results to you faster if you leave us in peace!

Reporting to Events: Field event athletes will report and check in at their pit or ring. Athletes will report to running events at first call to the starting line for lane assignments. See details for running events below.

Heat Assignments: After all entries are submitted, we will calculate the number of heats needed for each event-division. The fastest athlete from each school will be in the first heat. All athletes will be asked to report to the starting area at first call before every event. The starting clerk will start from the fastest athlete entered and call names to assign to all remaining heats. If an athlete is not present when his or her name is called, but arrives before all heats have been assigned, they will be assigned to a slower heat. If the athlete arrives after all heats have been assigned, they will be scratched. If the athlete is competing in a field event during the heat assignments, they may have a coach or teammate represent them; they should know his bib number (Teammate: 'Kyle Reese bib 101 is not present but he will be racing.' Starting clerk: 'Kyle, bib number 101, will be in heat 3, lane 5, make sure he knows.').

Scratches/Substitutions/Additions: You do not need to submit a day of meet scratch sheet; if your athlete does not report to the starting area to be assigned a heat and a lane the athlete is scratched. We will allow body-for-body substitutions; as long as the replacing athlete is there on time and has a bib, he or she can sub in (Athlete: 'Ginger Ventura is not racing, I'll be running in her spot, I am Sarah Conner, bib 102'. Starting clerk: 'Sarah, bib 102, you will be running in heat 4, lane 4'). Field events will be substituted at each field event.

There will be a limited number of meet day additions, beyond the number of athletes allowed for each team or entries. We will attempt to fill up the last heat of every running event; for example, if the FSG is allocated 7 heats, the first six heats are filled, and there are four athletes in heat 7, the starting clerk will announce, 'we have four positions remaining in heat 7, is there anyone here interested in running in this heat?' and attempt to fill in this heat. So if any team has athletes interested in running an event beyond the five positions allocated to each team, have the additional athletes come to the start area before each event, and they may get a spot in the final heat.

Running Events: All running events will be **timed finals**. The first heat will include one athlete from each school, the athlete with the fastest mark from that school. Following heats will be fast to slow.

Field Events: Long Jump, Triple Jump, Shot Put and Discus will get four attempts. There will be no formal check out procedures for any of these events, it will be the athlete's responsibility to decide when to leave for any other event, and to return and get back in line and get all attempts in during the time allotted for

their flight by the judge. We are trying to move quickly, the athlete will have to be responsible and return as soon as possible. Details will be determined by the judge assigned and explained to the athletes at the pre-event check in.

High jump starting heights will be as follows: Varsity boys, 5'2"; frosh-soph boys, 4'6"; varsity girls, 4'2"; frosh-soph girls, 3'6". Check in/out procedures will be set by the judge.

Results: We plan to post results on A-frames near the football goal posts on the finish line end of the field. After the meet, results will be posted on athletic.net.

Team Scoring: Scoring will be NFHS rules for 8 athletes scoring; 10-8-6-5-4-3-2-1. In the event of a tie for team champion, the tie will be broken by the 4x400m results.

Awards: Medals will be awarded for the top **six** places for individual events and top **three** places for relays (four medals per team). After results have been posted on the A-frames, athletes can come pick up medals from the medals table. Because the winner of the SMR (the RustBuster special event for this year) is guaranteed to have set a new stadium record, we plan on having a special award to the four members of the winning team in each division. **Team trophies** will be awarded for all four divisions to the top team.

Admission: Please inform your spectators there will be an admission fee (or they can volunteer to help! I'm sure we can find something for everyone to do, if you have parents who would like to help out for all or part of the meet, we will admit them for free).

Meet T-Shirts: There will be RustBuster t-shirts for sale. There will be a limited number as we don't have a good idea of what the demand will be, so please let your athletes know that if they are interested in a meet t-shirt—please purchase their shirts early in the day, **before we run out!**

Trainer: We will have our trainer available at the meet to help treat your athletes (but not for things like pre-event taping; please be prepared to support your athletes on-going issues, blisters, etc).

Concessions: There will be a snack bar at the meet.

Contact: Kirk Flatow, Meet Director, Monta Vista High School. coachflatow@gmail.com

Order of Events: Track

In most events order will be VB-VG-FSB-FSG; note the non-standard order in **bold**. Time estimates will be given after we know how many entries we have, however this will be a rolling schedule moving as fast as possible so any times given will be **estimates only**.

High Hurdles: VG 100m, FSG 100m, VB 110m, FSB 65m**3200m: FSG**

4x100m relay: VB, VG, FSB, FSG

1600m: VB, VG, FSB, FSG

100m: VB, VG, FSB, FSG

3200m: FSB

400m: VB, VG, FSB, FSG

800m: VB, VG, FSB, FSG

300m Hurdles: **VB, FSB, VG, FSG**

Sprint medley relay (100-100-200-400): VB, VG, FSB, FSG

3200m: VB, VG

4x400m relay: **FSG, FSB, VG, VB****Order of Events: Field**

	8:30 am	10:00am	11:30am	1:00pm
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Discus	VG	FSG	VB	FSB
Long Jump	VG	FSG	VB	FSB
Triple Jump	VB	FSB	VG	FSG
High Jump	FSB	VG	FSG	VB

The RustBuster Invitational
Monta Vista High School, Cupertino—March 4, 2017

The RustBuster is intended to be a competitive early-season invitational track meet; big enough to have sufficient competition to generate good early season times, but not so big that the meet is large and difficult to manage. Our goal is to have the RustBuster start at 9am and finish at 3pm. All of the California State meet track and field events will be contested, with the exception of pole vault (Monta Vista does not have pole vault faculties) and the 200m (which will be replaced by a relay). Four divisions will compete—boys' and girls' varsity, and boys' and girls' frosh-soph. The RustBuster will be something of a track-community event, with every team helping to manage and run the meet.

In order to meet these goals, the RustBuster will be a true invitational—only eight teams will be invited and will compete each year. Every one of the eight teams will have one lane in the first heat of each track event. After the first, fast heat, every other heat will be seeded 'on-the-fly' from fastest to slowest, so that there are no empty lanes except (possibly) in the last heat. All the RustBuster athletes will have an opportunity for a good early season race!

Seven teams have accepted invitations to join Monta Vista at the inaugural 2017 RustBuster. The 2017 RustBuster teams will be: Evergreen Valley, Fremont, Half Moon Bay, Henry Gunn, Lynbrook, Menlo-Atherton, Milpitas and Monta Vista. Please contact meet director Kirk Flatow at coachflatow@gmail.com if you would like to be contacted regarding a future RustBuster.

RustBuster
INVITATIONAL



RustBuster Assignments

	8:30 am	10:00am	11:30am	1:00
Shot	VB: Half Moon Bay	FSB: Half Moon Bay	VG: M. Vista (jeff)	FSG: Half M
Discus	VG: Menlo-Ath	FSG: M. Vista (matt)	VB: Menlo-Ath	FSB: Me
Long Jump	VG: Gunn	FSG: Evergreen V	VB: Evergreen V	FSB: Eve
Triple Jump	VB: Gunn	FSB: Gunn	VG: M. Vista (Erica)	FSG: M. Vis
High Jump	FSB: M. Vista (Rick)	VG: M. Vista (Rick)	FSG: Fremont/Lyn	VB: Frem
Finish Line	Milpitas/M. Vista	Milpitas/M. Vista	Milpitas/M. Vista	Milpitas/M
Blocks	Fremont/Lynbrook	Fremont/Lynbrook	Fremont/Lynbrook	Fremont/L
Hurdles	M. Vista/Milpitas	M. Vista/Milpitas	M. Vista/Milpitas	M. Vista/M
4x100 Zones	1: HMB & M-A	2: EV & Fremont	3: LYN & Gunn	Finish: MV
SMR Zones	1: HMB & M-A	2: EV & Fremont	NA	Finish: MV

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Notes: □

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- All field events, please remember to bring adequate support people for your judge (measuring, marking, etc.). For the sand-pits in particular, please bring people that can really clean up the pits quickly between attempts; a lot of kids have never had a shovel or a rake in their hand before and their experience is this can really slow us down! If you find we can do this efficiently we can add more sand-pits next year so let's see how fast we can do this. □
- Please send the results sheets to Hank/ results checker as soon as your event is complete. □
- Hold a meeting with the athletes at the beginning of your event. How you break up flights is up to you, but there will be a maximum of 24 athletes in each event/ division, if every team uses their maximum. □
- How you run your events is your call, but my recommendation is that you don't have formal in/ check-out procedures, especially for long and triple jump. Just tell the kids at the start, if you want them to leave for a sprint or whatever, it is their responsibility to get back and in line as soon as they are called. They can't do their attempts in at the end if there is time. □
- Please have an exchange zone judge for the 4x100/ SMR. We will have flags for you near the exchange zone. □