

The Second RustBuster Invitational

Saturday, March 4, 2017

REGISTRATION AND MEET INFORMATION (as of 12-6-17)

On behalf of Monta Vista High School, we look forward to your participation in the second annual RustBuster Invitational Track and Field Meet. We are proud to continue a new tradition and hope you, your team and parents have an enjoyable and successful start to the 2018 track and field season at the **RustBuster!**

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. We will limit the number of schools attending. Our goal is to have the RustBuster start at 9am and finish by 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 compete—boys' and girls' varsity, and boys' and girls' frosh-soph. The RustBuster will be a track-community event, with every team helping to manage and run the meet.

The RustBuster is a true invitational. We are pleased to announce that all the 'charter' teams from the inaugural RustBuster have accepted invitations to return to Monta Vista in 2018! The invited teams for the 2018 RustBuster are:

Evergreen Valley
Fremont
Gunn
Half Moon Bay
Lynbrook
Menlo-Atherton
Milpitas
Host School: Monta Vista

If any high school would like to be considered for the 2019 Rustbuster, please contact meet director Kirk Flatow coachflatow@gmail.com.

This Year's Featured Relay: It is a tradition of the RustBuster that the 200m event is replaced by a less-commonly run sprint relay event. This year the special relay event will be a **Swedish Relay**. The Swedish sprint medley relay is a total of 1000m, with four different distanced legs: 100, 200, 300, 400. More instructions will follow!

Coach's Meeting: There will be a coach's meeting at 8:15am near the timing area. If you have scratches for the sprints and hurdles—all laned events—and you can let us know that is useful. We do not need scratches for field or distance events.

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 1st 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. Sitting space on the home stretch is

limited so let's reserve that area for parents or teams without tents.

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 are not going to be strict about keeping the field inside the track clear as long as the kids are behaving and cheering and enjoying themselves, we want this to be a fun event, but we may 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 Athletes: 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.

Reporting to Events/Distance Athletes: For the 800m and longer events, all athletes will report when their event is called. We will quickly divide the athletes into heats on the fly. Marks are recorded cross-country style; as they finish we will record their bib numbers and match the bibs to finish times. If any school would like to add an athlete in addition to the five entries, have the extra athlete report to the start area and if we can add the athlete without increasing the number of heats, we will do so.

Reporting to Events/Sprints and Hurdles: 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.** After the first heat is seeded, all remaining entries will be assigned to heats from fastest to slowest.

Please have all sprinters and hurdlers report to the starting area when their event is called. 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 identify any athletes who are not present or who have scratched out. The clerk will then reassign athletes on the fly to try to fill all lanes in every heat and if possible, reduce the number of heats. 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: 'Quenton Cassidy bib 101 is not present but he will be racing.') Also, if a school is substituting one athlete for a previously entered athlete they can make the substitution at this time ('Tori Bowie, bib 201 from Milpitas will not be running in heat 2, lane 4. Allyson Felix, bib 202, will be replacing her.')

If any school would like to add an athlete in addition to the five entries, have the extra athlete report to the start area and if we can add the athlete to an open lane without increasing the number of heats, we will do so.

Scratches/Substitutions/Additions: We only need scratches for the sprints and hurdles (laned events). Substitutions are allowed, have the replacement come to the start when the event is called (see above). 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. First come, first served!

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. 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. **Team trophies** will be awarded for all four divisions to the top team.

Admission: Please inform your spectators there will be an admission fee of **\$5.00 per adult**. High school students with student ID will be charged an admission **fee of \$1**. Junior high and younger spectators are 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

RustBuster Order of Events

Track Events

In most events order will be VG-VB-FSG-FSB; note the non-standard order in **bold** for some events. Start 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 schedule times given will be estimates only.

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**

Swedish Relay: FSG, FSB, VG, VB

3200m: VG, VB

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

Field Events

	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

MV Volunteers Needed NOT UPDATED FOR 2018

	8:30 am	10:00am	11:30am	1:00pm
Shot	0	3	0	0
Discus	0	0	3	0
Long Jump	0	0	0	0
Triple Jump	0	0	4-5	4-5
High Jump	0	0	0	0
Blocks	0	0	0	0
Hurdles	Kids	Kids	Kids	Kids
Check in/Medals	2-3	2-3	2-3	2-3
Start Line	2	2	2	2
Shirt sales	3	3	3	3
Timer/results checker	1	1	1	1
Entrance Fee	2	2	2	0
Total	10-11	13-14	17-19	12-14

RustBuster Invitational
March 3, 2018
Invoice

\$250 for entire track and field team entry/boys, girls, all divisions

Please make check payable to Monta Vista ASB

Bring your check or cash to the meet, or the check may be mailed to:

Kirk Flatow/Track & Field Coach
Monta Vista High School
21840 McClellan Road
Cupertino, CA 95014

RustBuster Assignments 2018

	8:30 am	10:00am	11:30am	1:00pm
Shot	VB: Half Moon Bay	FSB: Half Moon Bay	VG: Half Moon Bay	FSG: Half Moon Bay
Discus	VG: Gunn	FSG: Gunn	VB: M. Vista (?)	FSB: M. Vista (?)
Long Jump	VG: Milpitas	FSG: Milpitas	VB: Evergreen V	FSB: Evergreen V
Triple Jump	VB: Menlo-Ath	FSB: Menlo-Ath	VG: Menlo-Ath	FSG: M. Vista (?)
High Jump	FSB: M. Vista (Rick)	VG: Fremont	FSG: Fremont	VB: Fremont
Jump Wind certification	Monta Vista			
Implement Inspect/Weigh	Santa Clara			
Start/Seeding	Monta Vista			
Finish Line	Milpitas/M. Vista		Evergreen Valley/M. Vista	
Blocks	Lynbrook			
Hurdles	Monta Vista			
4x100 Zones	1: HMB & M-A	2: Milpitas & Fremont	3: LYN & Gunn	Finish: MV/Ever. V
Swedish Relay Zones	1: Fremont & HMB	2: EV & M-A	NA	3/Finish: MV/Milpitas

Notes:

- 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 my experience is this can really slow us down!
- 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 your call; there will be a maximum of 24 athletes in each event/division, if every team uses their max of 3.
- How you run your events is your call, but my recommendation is that you don't have formal check-in/check-out procedures, especially for long and triple jump. Just tell the kids at the start, if they have to leave for a sprint or whatever, it is their responsibility to get back and in line as soon as they can. They can their attempts in at the end if there is time.
- Please have an exchange zone judge for the 4x100 and Swedish. We will have flags for you.

MV Volunteers Needed 2018

	8:30 am	10:00am	11:30am	1:00pm
Shot	0	0	0	0
Discus	0	0	3-4 (A and K)	0
Long Jump	0	0	0	0
Triple Jump	0	0	4-5 (A and K)	4-5 (A and K)
Jump/Wind Meter	2 (A?)	2 (A?)	2 (A?)	2 (A?)
High Jump	2-3 (K or A)	0	0	0
Blocks	0	0	0	0
Hurdles	Kids	Kids	Kids	Kids
Check in/Medals	2-3 (A and K)			
Start Line	2 A	2 A	2 A	2 A
Shirt sales	3 (A and K)			
Timer/results checker	1 A	1 A	1 A	1 A
Entrance Fee	2 A	2 A	2 A	2 A?
Total				