

The Third RustBuster Invitational

Saturday, March 2, 2019

REGISTRATION AND MEET INFORMATION (as of 12-2-18)

The Monta Vista High School track & field team looks forward to having your team join us for the third annual RustBuster Invitational Track and Field Meet. In 2017, eight schools shared a vision for a different kind of season opening meet, and the RustBuster was created. We hope you, your team and parents look forward to an enjoyable and successful start to the 2019 track and field season at the **2019 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. As in past years, 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 2019! In addition, with the approval of the other charter teams, we are adding up to four additional teams in 2019. The invited teams for the 2019 RustBuster are:

Evergreen Valley (charter team)
Fremont (charter team)
Gunn (charter team)
Half Moon Bay (charter team)
Lynbrook (charter team)
Menlo-Atherton (charter team)

Milpitas (charter team)
Santa Clara (2018 team)
San Lorenzo Valley (2019 team)
St. Ignatius (2019 team)
TBD (2019 team)
Host School: Monta Vista

If any high school would like to be considered for the 2020 Rustbuster, please contact meet director Kirk Flatow
coachflatow@gmail.com.

A change for 2019: The charter coaches requested that a distance relay was added to the RustBuster. This year, we will try adding a 4x800m relay to the program. We will run a boys' and a girls' 4x800; tentatively we will run the Varsity and FS divisions together, so there would be two heats, a boys and a girls. We can add heats if there are many teams that are entered. To get back some of the time for these two heats, we will combine the Varsity girls' 3200 with the FS girls' 3200 heat; these have had low numbers in the past and should be easily combined. These changes should not make the RustBuster run longer in total.

This Year's Featured Sprint Relay: It is a tradition of the RustBuster that the individual 200m is replaced by a less-often run sprint relay event. In 2017 we ran the 800m sprint medley relay; in 2018 we contested the Swedish 1000m relay. This year the special relay event will be a **4x200m relay**.

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 but not required. 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. I am planning for each team to judge two sessions of one event (Shot, Discus, Triple, Long and High jump. I am hoping that

Santa Clara will agree to be responsible for certification of throwing implements so that the RustBuster is fully NFHS compliant). If you have preferences for assignments, please let me know your first few choices.

Entries: You may enter up to **four** 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, February 28 at noon** to allow you as much time as possible to evaluate your squad and assign them to events.

There is an opportunity for additional entries, space permitting on the day of the RustBuster, in addition to each school's allocated entries above. The procedure for additional athletes to be entered on the day of the meet is described below in the sections on **Reporting to Events**. There is no additional cost to the schools for these additional entries.

Bibs and Bib Numbers: All athletes will be issued a RustBuster bib. The bib number is going to be how we track times/marks 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. Seating space on the home stretch is limited—these are the smaller, visitor stands for football—so we reserve that area for fans, or teams that did not bring 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 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 that has been 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.

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 four 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. **We will try to enter athletes from eight different schools 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 four entries, have the extra athlete report to the start area. If we can add the athlete without increasing the number of heats, we will do so. **In the first two years of the RustBuster, we have been able to accommodate almost every athlete that has been at the start area looking for a last second entry.**

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 four 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. The judges can run check in/check out procedures as they wish—since this is a community event, meet management will trust the judgment of the judges that our schools put in charge. 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.

Throwing implements will be certified prior to competition; the RustBuster will be compliant with NFHS rules. There will be a table that will be set up between the Shot and Discus rings for certification. Please go get your implement certified as soon as you arrive at the track.

Wind readings will be recorded for horizontal jumps, making the RustBuster NFHS compliant. Please say thank you to the volunteers calling out the wind readings, and please don't give them a hard time if your reading is over the limit; sitting all day taking wind measurements is a tedious job. Let's appreciate their efforts, please.

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 admitted for free. Junior high and younger spectators are free. Last year there were some people who walked around through the athlete's entrance to avoid paying. We are not going to be enforcers and chase down anyone, but we would appreciate it if you could explain to your parents that unlike most invitationals that they might attend, the RustBuster is not a moneymaker for the host. Parents' admission fees are much appreciated donations that help cover the costs of this meet.

Meet T-Shirts: There will be RustBuster technical t-shirts for sale. There will be a limited number as we don't have a precise 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 and how many heats we need. However we will still be following **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

4x800m Relay: VG/FSG, VB/FSB

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**

3200m: VG & FSG combined

4x200m Relay: FSG, FSB, VG, VB

3200m: VB

4x400m relay: **FSG, FSB, VG, VB Please build a cheer tunnel!!**

Field Events

These times are estimates and we will move forward faster if possible.

	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