
Last Set of RustBuster Reminders

2 messages

Kirk Flatow <86b36jh8qqfq9lyv@athletic.email>
Reply-To: Kirk Flatow <coachflatow@gmail.com>
To: Hank Lawson <hanklawtrack@gmail.com>

Tue, Mar 3, 2020 at 10:56 AM

Coaches,

I am so excited to see all our teams competing this Saturday!

Here are some final reminders. These are broken into three sections: Notes for Judges, Entries, and Messages for Teams and Athletes.

NOTES FOR JUDGES

Thank you for supporting RustBuster by helping to run our community event! Here are some things to keep in mind.

- If you are judging a morning event (Monta Vista-discus, Half Moon Bay-shot, St Ignatius-triple, Lynbrook-long, Crystal Springs-HJ) **please** arrive at your event early so that athletes can warm up, check in and get started at 8:30 so we start on time and end on time. I don't want a bunch of boys throwing shots around without supervision and I do want us to be rolling on time!
- Bring all the helpers you need. We have tapes and we will provide clipboards; if you have anything you have personally hacked like tapes with sticks attached so you don't have to bend over, or markers for the throws, you should bring those with you.
- How you organize your event into flights is your call. I trust your judgement!
- You can use your judgment about adding any athletes that show up to be added to your event. If you can fit them in and get done in about an hour and a half, go for it. If you think you will run over time, you can reject the additions. Again, I trust your judgment.
- HJ starting heights are: Varsity boys, 5'2"; frosh-soph boys, 4'6"; varsity girls, 4'2"; frosh-soph girls, 3'6".

- Throwing implements will be certified by Santa Clara (check for what the mark of the day is). We are fully NFHS compliant.
- Milpitas will be taking the wind readings for long and triple jump, please record the marks (again, NFHS compliant so the marks can be used for entries at any meet).
- As soon as you have completed any division, send a runner with the completed results to Hank Lawson or Jill McDonough at the timer's tent so we can enter the results right away (don't wait for all your events to be done).
- Coaches, be patient with each other, even if someone is not running an event exactly as you would remember this is a RustBuster. Let us be patient with each other! And also be patient with the kids running the wind meters or helping out. This is a high school meet to open a season...let's all take a deep breath...it's all going to work out! Let's enjoy the day!
- **We are all counting on you to be there and do your best! There is no back up plan if you don't come ready to judge...everyone is already assigned a task :)**

ENTRIES

It looks like most teams have been making entries. Remember that entries close on Thursday at noon. After that time, please do not contact us with 'one more change' because we immediately will be in packet production mode. Remember, RustBuster entries close less than 48 hours before the first gun--no other meet does that! We just don't have time to make late changes. If you forgot an entry, you can still have the athlete show up and the start line and we will try to get them in (we usually can accommodate most day-of entries). **The athlete should come to the start line wearing a bib**--the bib number is used to identify the athlete so we can seed them on the fly. (We will put some unassigned bibs in your packet; if you bring an athlete that was not entered at all, what you should do is give that athlete an unassigned bib, or a bib from an athlete who was entered and is not competing, write down the new information and drop that off with Hank Lawson the timer in this format: Bib #333, St. Ignatius, is now Carl Lewis, Boy, grade 11.

MESSAGES FOR TEAMS AND ATHLETES

- Please set up tents and team camps in the large bleachers on the back stretch. The bleachers on the home stretch are small and reserved for spectators (a couple big teams could fill those small stands and then parents from other teams could not get close to the finish).
- Your race packet will have bibs and a master list of bib number assignments only. We will email an event program to everyone, if you want hard copies of the program please print out as many copies as you need.

- First gun is 9am, and we are rolling starts after that, moving as fast as we can. All times are given in the meet program are only estimates.
- Remind kids to report to the start line as soon as their events are called to check in or to stand by if unregistered athletes want to get into an event. **Athletes should come to the start wearing their bibs!!!** Bib numbers are how we assign results.
- Remind parents, kids (and coaches!) that the only appropriate time to walk across the finish line is when they are finishing a race! :)
- We keep the infield 'open' so we hope that coaches help us keep this area from becoming too chaotic. We want the RustBuster to be fun for athletes and let kids cheer but if you find your kids getting too goofy please help maintain order. No balls, discs, all that kind of nonsense, and please keep a solid two meters off the track so that coaches and judges can move and the timer and starter can see (there are flagged off areas). There is a warm up area on the lower field near the baseball and softball diamonds and there will be some practice hurdles there too...coaches, please just remind your kids to be respectful, considerate and aware of what is going on around them. RustBuster does not have to be antiseptic like big meets later in the season, we want kids to have fun and enjoy the meet, but we do need everyone to help to make that possible.

Coaches, please help me out so we can keep this event fun!

- We throw the discus inside the oval so remind your kids to stay out of the zone (it will be flagged off but still be aware).
- There will be a trainer as well as volunteer physical therapists from Breakthrough PT in Sunnyvale on site to help out. They will be on the infield towards the 800 break line.
- There will be t-shirts on sale on the infield near the football goal posts for \$10.
- Live results link will be available from Lynbrook Sports: <http://lynbrooksports.prepcaltrack.com/ATHLETICS/TRACK/2020/2020.htm>
 - Please ask kids not to hang around Hank that will not help get results any more quickly!
- Medals will be passed out after the results are published; a table will be set up near the football goal posts. First 6 individuals and first 3 relay teams.
- We encourage a cheer tunnel for the 4x400 at the end of the meet! If the infield is a little chaotic at that point of our meet in the pursuit of crazy cheering for the 4x4, I'm OK with that!

I love track, I love our kids, this event is a passion project and I cannot wait for Saturday!

Please email me directly with any questions or concerns. I want to help.

Kirk

Kirk Flatow

Monta Vista HS

[Rustbuster Invitational](#)

Files Available to Download

[Work Assignments Rustbuster 2020 \(pdf\)](#)

[RustBuster Invitational Invoice 2020 \(pdf\)](#)

This email was sent by Athletic.net on behalf of **Kirk Flatow of Monta Vista HS**.

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Reply-To: Kirk Flatow <coachflatow@gmail.com>
To: Hank Lawson <hanklawtrack@gmail.com>

Tue, Mar 3, 2020 at 10:56 AM

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The Fourth RustBuster Invitational

Saturday, March 7, 2020

REGISTRATION AND MEET INFORMATION (as of 12-23-19)

The Monta Vista High School track & field team looks forward to having your team join us for the fourth 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 and enjoyable and successful start to the 2020 track and field season at the **2020 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. Unlike most invitationals, we limit the number of teams that will participate in the RustBuster. Only teams that are invited or ask to be included and are accepted will join the RustBuster. By limiting the number of participants, we can predict the number of athletes and can manage the time schedule for the meet. The RustBuster does not have a large, unexpected number of late entries that can cause scheduling problems, and we don't have to trim athletes because of excess entries. This allows meet management to work towards a competitive, six hour long meet.

If any high school would like to be considered for the 2020 Rustbuster or a future RustBuster, please contact meet director

Kirk Flatow coachflatow@gmail.com.

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, in 2019 we ran a 4x200m relay. This year the special relay event will be a **the SMR 100-100-200-400 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. If you have preferences for assignments, please let me know your first few choices. Every team is expected to help judge some portion of the RustBuster.

Entries: You may enter up to **five** athletes in the 1600 and 3200 per division, **four** athletes in all other running events 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 5 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. In the past, we have been able to accommodate most additional entries on the day of the meet.

Bibs and Bib Numbers: All athletes will be issued a RustBuster bib. The bib number is 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 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 move 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. There have been instances in the past where coaches and athletes have complained about the exact moment that the volunteer pushed the button to take a reading. These complaints are not appreciated. Coaches, you are free to volunteer to take readings for a jumping event if you do not think the volunteers are doing taking the readings the way you would.

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: Check the Lynbrook site for a link to on-line result posting
<http://lynbrooksports.prepcaltrack.com/ATHLETICS/TRACK/2020/2020.htm>

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 to the top team in each of the four divisions.

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. Last year there were some people who walked around through the athlete's entrance to avoid paying. We are not going to be law enforcement 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 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). In addition, BreakThrough Physical Therapy of Sunnyvale will be on-site to provide support.

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

3200m: VG & FSG combined

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

Sprint Medley 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

RustBuster Invitational Invoice

Entry Fee is \$225 per team. This fee includes 5 entries in each distance event per gender/per division, 4 entries in each sprint and hurdle event per gender/per division, 3 entries in each field event per gender/per division, 1 entry in each relay per gender/per division, and unlimited day-of-meet entries as available (stand-by, first come first served). Each team will also help with running the meet.

**Please make checks for \$225
payable to Monta Vista ASB.**

Please bring the check to the meet or mail to:

**Monta Vista High School
Attn: Track and Field
21840 McClellan Road
Cupertino, CA 95014**

RustBuster Assignments 2020

Event Assignments

	8:30 am	10:00am	11:30am	1:00pm
Starters	Jim Manha (and JR Hederle ??? Not confirmed)			
Shot	VB: Half Moon Bay	FSB: Half Moon Bay	VG: SLV	FSG: SLV
Discus	VG: Monta Vista	FSG: Monta Vista	VB: Menlo-Atherton	FSB: Menlo-Atherton
Long Jump	VG: Lynbrook	FSG: Lynbrook	VB: Fremont	FSB: Fremont
Triple Jump	VB: St. Ignatius	FSB: St. Ignatius	VG: Monta Vista	FSG: Monta Vista
High Jump	FSB: Crystal Spr.	VG: Crystal Spr.	FSG: Monta Vista	VB: Monta Vista
Jump Wind certification	Milpitas (can be two kids each for TJ and LJ, does not have to be adults; Hank will teach you how)			
Results Check/Poster	Monta Vista (Jill McDonough)			
Implement Inspect/Weigh	Santa Clara			
Start/Seeding	Monta Vista (John McKeeman)			
Finish Line	Milpitas (Bridget!)/Monta Vista		Santa Clara/Monta Vista	
Blocks	Leigh			
Hurdles	Monta Vista			
4x100 Zones	1: Castelleja&Crystal	2: Fremont&Lynbrook	3: HMB&Leigh	Finish: Milpitas&MV
SMR Zones	First Exchange 100/100 Castelleja&Crystal		Second Exchange 100/200 Fremont/Santa Clara	

- 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 you down!
- Please send the results sheets to Hank/results checker as soon as each section (VG, FSG, VB, FSB) is complete.
- Hold a meeting with the athletes at the beginning of your event. How you break up flights is your call. We trust the judges.
- 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. This is a low-key meet, we want to make this as relaxed for the kids as we can while still moving fast and efficiently.
- Please have an exchange zone judge for the 4x100 and SMR. We will have flags for you at the start line, come get those flags before heading to your zones and return the flags to the start area afterwards.

RustBuster Assignments 2020

Monta Vista Assignments

	8:30 am	10:00am	11:30am	1:00pm
Meet Director	Monta Vista			
Concessions	MVAB/Monta Vista Cheer			
Medals	2 Adults/2 Kids	2 Adults/2 Kids	2 Adults/2 Kids	2 Adults/2 Kids
T-Shirt Sales	2 Adults/2 Kids	2 Adults/2 Kids	2 Adults/2 Kids	2 Adults/2 Kids
Trainer/PT	Javier Margarito – Irina Stiasny – Breakthrough PT of Sunnyvale			
Entrance/Gate	One parent together with Eden (2 Octagon?)	One parent together with Eden (2 Octagon?)	One parent together with Eden. Close at noon	
Volunteer Mgmt at Meet	Suanne Flatow / Ceci Imamura			
Discus	Emma, Tennyson, + 2-3 parent/Octagon	Emma, Tennyson, + 2-3 parent/Octagon		
Triple Jump			Erica, Leah, Steph, Curtis + 3 parents/Octagon	
High Jump			Chrissy and David	
Hurdle Help	Octagon/Team; add a parent or more adults to guide is nice but not mandatory			
Start Line	Coach John McKeeman + 2			
Finish Line	1-2 Parent/Kid	1-2 Parent/Kid	1-2 Parent/Kid	1-2 Parent/Kid
Gophers/Field Event Runners/etc	Octagon	Octagon	Octagon	Octagon

Teacher Volunteers and Assignments

	8:00 am	10:00am	11:30am	1:00pm
Eden Ostique 8am-noon	Gate	Gate	Gate	