

Rustbuster Challenge Day Schedule/Instructions--FINAL

May 8, 2021

GENERAL: This is a very informal meet / scrimmage and meant to be fun so...everyone lighten up, laugh, cheer and enjoy yourselves!

Track Events	Approx Time	Field Events (See general notes at bottom)	Approx Time
Pentathlon 100 Boys then girls.	9:00am	Discus. Judge can decide how to arrange flights. 4 attempts.	9:00am
4x1600 (Girls all divisions, then boys all divisions). If there are extra athletes that don't fit onto a team, bring them anyway, they can run with the first leg and get marks)	9:10am	Pentathlon Shot Put. Immediately following the 100. Each athlete gets a maximum of three attempts (athletes do not need to use all three).	9:05am
SMR 100-100-200-400 (Girls, then boys)	10:00am	Long Jump. Open pit. Four attempts.	Start 9:00am
Co-ed Shuttle Hurdles (2 boys, 2 girls) Shuttle hurdles is cancelled	10:15am	Pentathlon Long Jump. Start after shot is completed.	~10:00pm
4x800	10:40am	Shot put. Judge can decide how to arrange flights. 4 attempts.	After discus is complete
4x200 CO-ED FS/JV then Varsity, or could do all as one heat.	11:05am	High jump. Combine with pentathlon athletes. If other HJ only athletes want marks, come to HJ at 9am.	After pent long jump
Weightman's 4x100m Relay (co-ed) See note below	After shot		
If kids want to put together a 4x400 we could add one			
Pentathlon 400	After HJ		

Rules for scoring field event "teams"—long jump, shot, discus, and HJ: All athletes will complete their attempts and be scored as individuals. The best two marks from boys and the best two marks from girls for each school in each division (varsity boys, varsity girls, FS boys and JV girls) will be added together...the total of these four marks will be the team total.

Weightman's 4x100m relay—these teams will be the two boys and two girls from each school that had their marks scored for the shot put teams.

Distance relays—if there are incomplete teams and there are athletes that still want to run, these athletes can join the first leg (example, there are six Los Altos varsity girls that want to run the 1600m. Four can form a relay team. Athletes five and six can run with the first leg and get marks).

Pentathlon scoring—we will use the USATF men's and women's outdoor decathlon calculators for scoring: <http://legacy.usatf.org/statistics/calculators/combinedEventsScoring/>



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4x1600M
CHAMPION