

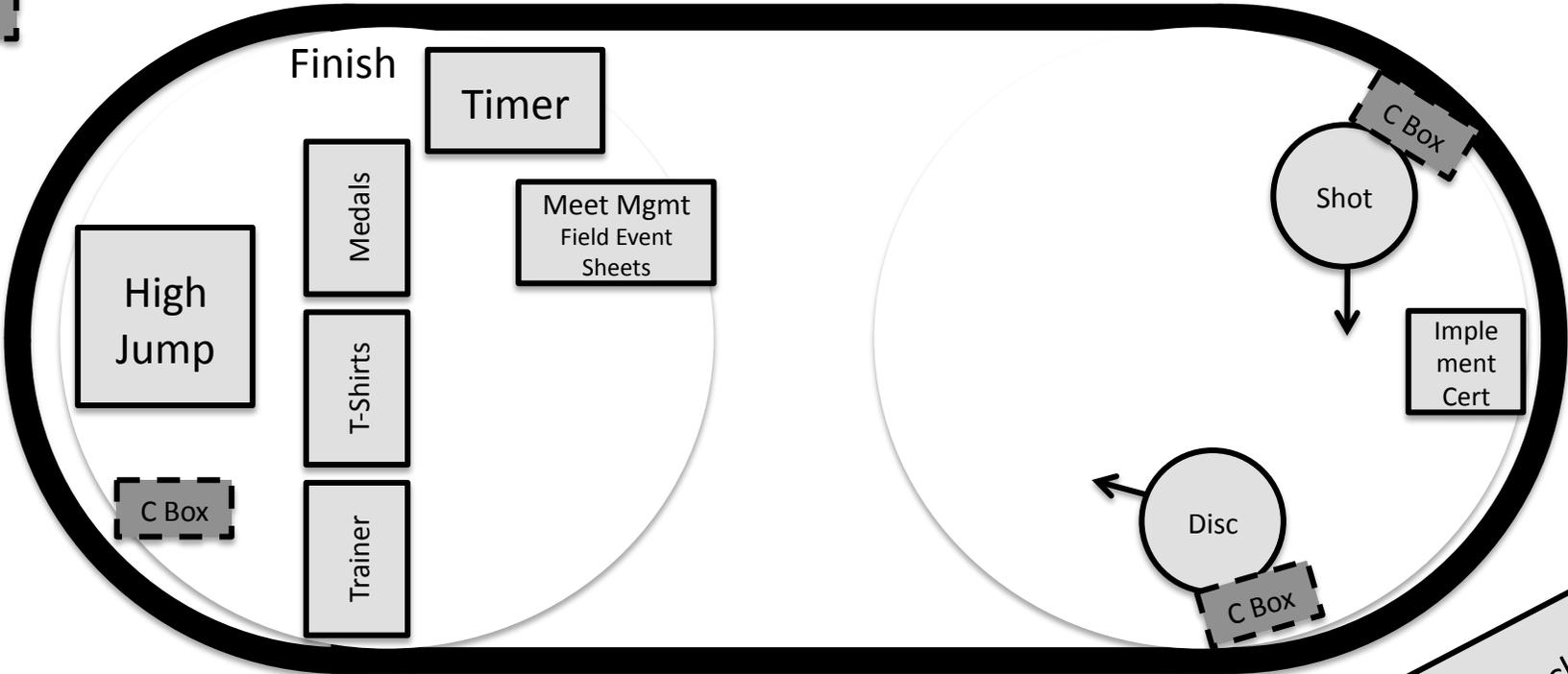
RustBuster 2022 Layout

NOT TO SCALE

Long and Triple Jump

Small Grandstands
NO TENTS PLEASE

C Box

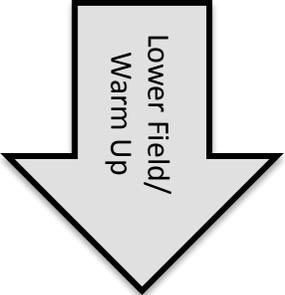


Big Grandstands
All Tents Set Up Here Please

Snack Shack/
Rest Rooms

Water Bottle
Fill Station

Sheds



Agenda for RustBuster Coaches' Zoom Meeting

1. Welcome to Our Meet
2. Facility Layout and Orientation
 - a. Tents/Camps
 - b. Packet Pickup/Day of Meet Management
 - c. Warm Up
 - d. Medals and Shirts
 - e. Snack Bar
3. USATF Officials
 - a. What to expect on Saturday
 - b. Coaching Boxes
 - c. Volunteer Assistance from Rustbuster Teams
4. Current Entries/Program
 - a. Bibs
 - b. Schedule
 - c. Scratches
 - d. Adds
 - e. Day of Meet Adds and Scratches
5. General Questions/Discussion
 - a. Co-Ed 4x200m
 - b. 4x400 will be three turn stagger
 - c. Other?

Kirk Flatow is inviting you to a scheduled Zoom meeting.

Topic: RustBuster Coaches' Meeting

Time: Mar 3, 2022 07:00 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/82996806013?pwd=bDk5YkF0SUdqVnYyLzlpRVk5R3U2dz09>

Meeting ID: 829 9680 6013

Passcode: 589763

hank lawson

From: "Kirk Flatow" <5pbr6ja9qqfg9e2y@athletic.email>
To: "Hank Lawson" <hanklawtrack@gmail.com>
Sent: Friday, February 25, 2022 8:12 AM
Subject: RustBuster Reminders: Start Time, Entries, Seeding, Zoom Coaches' Meeting

Coaches,

Greetings from the East Coast and the 2022 Continental Confernece Indoor Track and Field Championships; go Johns Hopkins!

I try to avoid bombarding you with emails, I don't want you to feel spammed, but here I am again with a few notes and reminders...Hank, let us know if I missed anything, much of this is entry-related.

1. Meet Start Time

Some of the schedules I put up were clipped in editing so to clarify:

Field Events will start at 8:30am (VB Shot, VG Disc, FSG LJ, VB TJ, and FSB HJ)

First gun on the track will be at 9:00am (VG 100m Hurdles)

(The starts are offset so your meet director does not have a heart attack while trying to get everything going simultaneously!)

2. Entries

Please remember that entries close next Wednesday, March 2, at lunch time. One or two missed entries we can fix, not 40. SLV, Paly, Milpitas, HMB and Castelleja have not started entering athletes yet...that's OK, you have time, but don't forget! Our plan is to run a first program, with event-by-event schedule, on Wednesday night and publish that right away so we can review and have a scratch meeting on Zoom on Thursday, which will allow us to update and provide you with a final schedule on Friday to share with your athletes at practice. We need your help to do that! And on that subject...

3. Seed Times

There are a lot of entries with no marks. This is not surprising for the last couple of years, but this will result in a lot of randomly generated heats. If you have athletes that you know you want seeded in a faster heat (or slower heat) then please go back and enter override marks for them.

RustBuster is not Arcadia, we are not going to go back and verify what you enter, just do you

best so that you are happy with where your athlete is eventually seeded. We are just going to push the button and get a seeding and a program that will be as good as the data input by the coaches. And when we have a program...

4. Zoom Coaches Meeting Thursday March 3

I have set up a Zoom meeting for all of us on Thursday at 7pm. I wanted to check, is this too early for anyone, because of your practice schedule or a meet? This meeting should be very brief, but useful, I will want to go through a few last second reminders and look at any outliers on the program (for example, if there are heats with one or two athletes we will have a quick discussion to see if there are scratches and we can consolidate that heat or if there are additional entries to fill out that heat). The current 7pm link is below. **If you would rather have this meeting at 7:30 or 8:00pm on Thursday, please send me an email, otherwise I will assume that we are all fine with 7pm.**

Kirk

Kirk Flatow is inviting you to a scheduled Zoom meeting.

Topic: RustBuster Coaches' Meeting

Time: Mar 3, 2022 07:00 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/82996806013?pwd=bDk5YkF0SUdqVnYyLzlpRVk5R3U2dz09>

Meeting ID: 829 9680 6013

Passcode: 589763

RustBuster Invoice.pdf; Instructions--The 6th Rustbuster Invitational-To Post.pdf

Coaches,

We are five weeks away from the 2022 RustBuster, the first meet of our season and for almost all of our kids, their first invitational in two or three years--for many kids, the first high school invitational track meet they will have EVER participated in! I'd like to make this a memorable experience for everyone and one of the best meets possible.

Attached is a detailed schedule and information sheet for the RustBuster (this is also posted on Hank Lawson's web site). This email will highlight five items:

1. Meet Participants
2. Judging and job assignments
3. Additional Event Entries
4. Spectators/COVID Issues
5. Meet Fee and Invoice

1. Meet Participants

Teams participating in the 2022 RustBuster are:

1. Castilleja
2. Fremont
3. Half Moon Bay
4. Leigh
5. Los Altos
6. Los Gatos
7. Lynbrook
8. Menlo Atherton
9. Milpitas
10. Palo Alto
11. San Lorenzo Valley
12. Santa Clara

13. St. Ignatius
14. Monta Vista

This is going to be a great meet with excellent competition at all levels! We should see some good marks and our kids should be pushed. This is going to feel like a solid track meet!

2. Judging and Job Assignments

Here is some exciting news!

With the help of Jim Manha of the Pacific Association of USATF is providing the 2022 RustBuster with certified officials! So...RustBuster teams will **NOT** have to provide judges for events (you will still be asked to **provide assistants** to help the USATF officials--the help requests will be detailed below).

Note: We will need to provide umpires for one exchange zone in the 4x100m relay.

I am very, very excited about this development. First of all, this means that RustBuster coaches will be able to coach during the meet--and I know that for all of you, having to judge is not your favorite part of coaching track. I think you are pretty happy reading this!

Most importantly, though, is the experience for our kids. Most of our athletes never get to be a part of a meet that has this level of professionalism from starters to field judges to umpires. It's going to be like being part of the Prefontaine Classic or the Millrose Games (well, no one confuses the Monta Vista track with Hayward Field or the Armory, but still!).

Coaches can do a couple of things to make everything work well. First, let's make sure that we take a little extra time in February teaching our new athletes the rules. We have, in effect, three freshman classes--our seniors are the only athletes that have had a 'normal', complete track season, and that season was in 2019. A big meet like RustBuster is going to be new to so many people. Next, please support the judges and officials. The officials know that the athletes are in high school, and the officials are going to take the time to teach when it is appropriate...but they are going to follow the rule book. Please support officials when they make a call and let's not argue a DQ on the grounds that 'this is the first meet for my athlete'. (I have strong feelings about calling rules correctly. Early in my coaching career when I was a volunteer assistant, a coach fought against having an athlete being DQed on the grounds that he was a senior and his season should not end on a judgment call. Later that season, at the CCS championships, the athlete committed the exact same infraction--was DQed--and lost a medal at CCS and lost a State berth. If that athlete had been DQed at an early season meet, and the DQ was upheld, perhaps that athlete would not have made the infraction at CCS--and was DQed at the last competition of his high school career).

So because of the support from USATF, we do not need judges at RustBuster. We are requesting the following assistance. Almost all of these jobs can be filled with energetic, attentive students or parents--while coaches can fill these roles I don't think you need to fill them with coaches. For example, boy throwers could be helpers for the girl's throwing events. Hopefully by sharing this load it's going to be easy to cover.

Please let me know right away if you don't think you can help out or if you have any issues at all, I'd rather know as soon as possible so we can make adjustments!

1. Castilleja: Varsity Boys and FS Girls High Jump: 2 to help with cross bar
2. Fremont: Exchange Zone Judge for 4x100m Relay. Varsity and FS Boys Long Jump: 2 Rakers, 1 to pull tape, 1 for wind readings, 1 for backup = total 5 helpers (Mark, I'd also like

help with hurdles--your team is always so helpful--and your help at the start finish too--let's talk, thank you for offering)

3. Half Moon Bay: Varsity and FS Boys Shot: 2 Retrievers, 1 to pull tape, 1 backup = total 4 helpers.
4. Leigh: Varsity and FS Boys Discus: 2 Retrievers, 1 to pull tape, 1 backup = total 4 helpers.
5. Los Altos: Exchange Zone Judge for 4x100m Relay. Varsity and FS Girls Shot: 2 Retrievers, 1 to pull tape, 1 backup = total 4 helpers.
6. Los Gatos: Blocks, 11:45am to end of meet: 3 (one mature person with some track experience, does not have to be a coach but should know their way around a track. Others can just be diligent/energetic)
7. Lynbrook: Varsity and FS Boys Triple Jump: 2 Rakers, 1 to pull tape, 1 for wind readings, 1 for backup = total 5 helpers
8. Menlo Atherton: Varsity and FS Girls Discus: 2 Retrievers, 1 to pull tape, 1 back up = total 4 helpers
9. Milpitas: Varsity Girls and FS Boys High Jump: 2 to help with cross bar
10. Palo Alto: Blocks, 8:45am to noon: 3 (one mature person with some track experience, does not have to be a coach but should know their way around a track. Others can just be diligent/energetic)
11. San Lorenzo Valley: Varsity and FS Girls Triple Jump: 2 Rakers, 1 to pull tape, 1 for wind readings, 1 for backup = total 5 helpers
12. Santa Clara: Throwing Implement Certification (USATF requests this happen 7:30-8:00, 9:00-9:30, and 10:30-11; please let the officials know the "mark of the day") (Julie, let's talk offline about some other possible help, you are my Yoda on how to run a track meet well)
13. St. Ignatius: Varsity and FS Girls Long Jump: 2 Rakers, 1 to pull tape, 1 for wind readings, 1 for backup = total 5 helpers (Aldo, if you would also watch over hurdles on the curve in the 300mH, I'd really appreciate knowing there are experienced eyes out there)
14. Monta Vista: Host Duties, start line, trainer, etc.

3. Additional Event Entries

The entry deadline is set for midday Wednesday March 2. Based on the entries at that point, if there is room for additional entries in any event, we will send out an email letting coaches know what space is available. You will have the opportunity to add more athletes in any available space at no extra charge. Athletes **with bibs** can also come to the start line or field event and check in on meet day, and if there is available space, they can be added at no charge.

4. Spectators/COVID Protocols

We have decided **not** to charge an entrance fee in 2022. With all the pandemic issues, we want families to come watch their athletes. So your parents can come and not be charged.

However...this all could change. If guidance from state, government or school authorities restricts attendance, let's all sigh and accept whatever the guidance is and do the best we can.

Please note that Monta Vista's school district requires masks to be used on campus at all times, including outdoors, except when actively training or competing. I know that not all of your schools follow the same rules for outdoor COVID protocols. Please make sure your athletes, coaches and parents know the rules and help me--I don't want the Monta Vista coaches and administration to have to be the mask police, that will make me crazy. So everyone:

1. Athletes: Unless you are running or competing, wear a mask. If you are stretching, cheering,

walking around...wear a mask.

2. Coaches: Please set an example by wearing your mask the entire time you are on the Monta Vista campus. I know it's a pain, I don't like it either, I know that there are varying opinions about masks, but that's what the school district wants and so let's do it. They are letting us bring 1,000 people on campus for an event, let's just follow the rules.
3. Parents: See (3). We are not charging admission. If wearing a mask is too much of a cost to watch your child compete, I'm not sure what to say. Again, this is not an argument about mask efficacy, it's just doing what the school district wants in return for hosting the first big meet on campus in two years.

Thank you for your support!

5. Meet Fees and Invoice.

We are not going to charge admission this year (I think your parents are going to love that!).

This year, we are also going to pay a stipend to 15 USATF officials and 2 USATF starters plus buy them lunch and give them meet t-shirts (I think your coaches are going to love that!).

We will still be medaling 6 deep in all individual events and 3 deep in relays, and every athlete will get a RustBuster bib.

I think we can break even at \$250 per school--but PLEASE encourage your kids/parents to buy some t-shirts, too! RustBuster is a labor of love, not a fundraiser, but I don't want to lose money :)

I think this is a screaming good deal for a well run meet with a bunch of coaches that like each other, and the first high school meet around here that will be USATF judged--other than Stanford I guess. I hope you agree!

There is an invoice attached and I'd appreciate it if you could mail checks in advance.

Thank you! Any questions or comments?

Kirk Flatow

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Kirk Flatow
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 Monta Vista High School, Cupertino, CA
 CCS Cross Country Honor Coach
 USATF Level 3 Endurance Coach
 IAAF Level 5 Endurance Coach
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www.mvrunning.com

**I have a *feeling* that tomorrow will be better is quite different from
 I *resolve* to make tomorrow better. -Angela Duckworth**

The Sixth RustBuster Invitational

Saturday, March 5, 2022

REGISTRATION AND MEET INFORMATION (as of 1-16-22)

The Monta Vista High School track & field team looks forward to having your team join us for the Sixth 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 have continued that tradition, with a 2020 meet just before the pandemic shut down high school sports for the year, and having a drastically scaled down RustBuster during the abbreviated 2021 season. We hope you, your team and parents look forward and enjoyable and successful start to the 2022 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 solid 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 track events 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. **The 2022 meet is now full.**

If any high school team would like to be considered for the 2023 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. In 2020, we returned to the 800 SMR. This year the special relay event will be a **Co-Ed 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—any event run in lanes—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. **Note: In 2022, we are looking at alternatives to minimize the help required, however nothing is finalized at this time. Stay tuned.**

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 Wednesday, March 2 at noon**.

4x200m Co-Ed Entries: Enter 2 boys under varsity or FS boys, and 2 girls under varsity or FS girls, for the 4x200m relay. You do not need to enter in the Co-Ed division. The two boys and two

girls will be combined by the timer into teams. If you are entering two teams in one division, enter two boys in Team A and two boys in Team B, and the corresponding girls in Teams A and B.

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: 'Ryan Hall 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 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 on meet day for a link to on-line result posting

<http://lynbrooksports.prepcaltrack.com/ATHLETICS/TRACK/2022/2022.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: This year, we are not going to charge admission. If we break even financially, we will continue this practice in the future.

Meet T-Shirts: There will be RustBuster technical t-shirts for sale. There will be a limited number as we never 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: Unfortunately, it is unlikely that we will be able to have a snack bar at this event. We are still trying to get this staffed.

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

RustBuster Order of Events 2022

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**

Co-Ed 4x200m Relay: Varsity, FS

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	FSG	VG	VB	FSB
Triple Jump	VB	FSB	FSG	VG
High Jump	FSB	VG	FSG	VB

**RustBuster Track and Field Invitational 2022
Invoice**

Meet Fee: \$250

Includes all team entries and admission for all spectators.

Please make checks payable to:

MONTA VISTA ASB

And mail to

MONTA VISTA HIGH SCHOOL ASB
Attention: Track and Field/RustBuster
21840 McClellan Road
Cupertino, CA 95014